

MEN'S FITNESS

EAT FIT

THE CLEAN
EATING ISSUE



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FOODS FOR
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STAMINA



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TIME TO EAT
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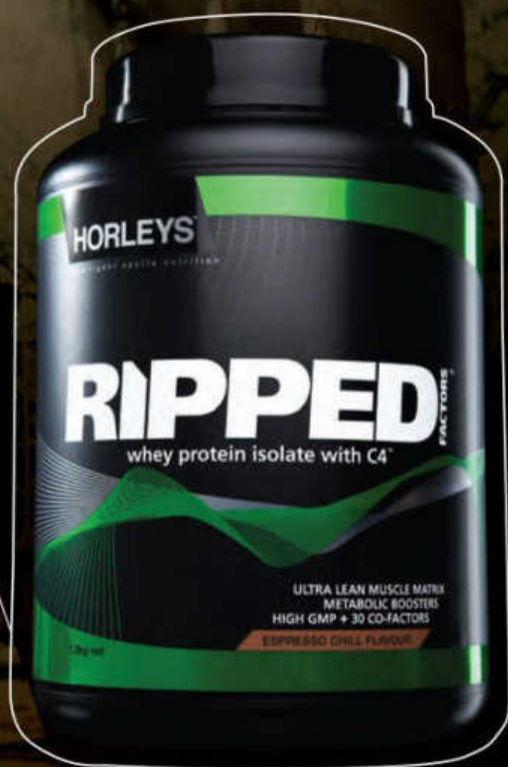
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EAT CLEAN FOREVER



Every diet regime or healthy eating mindset capitalises on basic principles of clean eating: balance, wholesomeness, real food and mindful eating. Most are simply variations on a deprivation and restriction theme. Everything from paleo to vegan; from fasting to a juice cleanse: they all distil clean eating to a simple, easy-to-digest (ha!) principle.

The thing is, if you're one with your diet, if you understand that the only single food group that is bad for you is processed food, you don't need to follow any whacky I-don't-eat-dot-dot-dot fill-in-the-dots dietary regime. You just eat whole foods, not too much of one group, and in sufficient amounts to fuel your body for the training you're doing.

The thing is, we all fundamentally know how to eat "clean". But applying it every day can be hard. That's why in this, our clean eating issue, we've got some excellent crib notes that will help you stay on track. On page 38 we give you all the basics for cleaning up your act. And don't worry - we're not telling you to cut out anything (yes to meat, yes to beer, yes to living!) and there's no counting calories or macros. You also don't need to grow a beard or start drinking moon juice.

Clean eating won't just make you look better, feel awesome and live longer, it'll also help you to kick arse in the gym - and pretty much everywhere else. To give you an even better edge with that, we take a look at the glycaemic index and how you can utilise carbs - yes, we said carbs and didn't get fat - to boost your performance.

We hope you enjoy the magazine. Stay strong.

TODD COLE, EDITOR

todd@eatfitmagazine.com.au

TALK TO US

We want to know what you think of *Eat Fit*. Feedback is very important to us - see, if enough of you tell us about something you don't like or something you want to see more of, we'll change the magazine. You get a better mag and therefore you keep buying it, we sell more copies and we all live long, happy lives. So shoot me an email at todd@eatfitmagazine.com.au and tell me what you think - what you like, what you hate, even what you ate for breakfast. We want to know. It's your mag, after all. Help make it even better.



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F.Y.I

Nutritional news you can use to fine-tune your health and wellbeing

A better whey

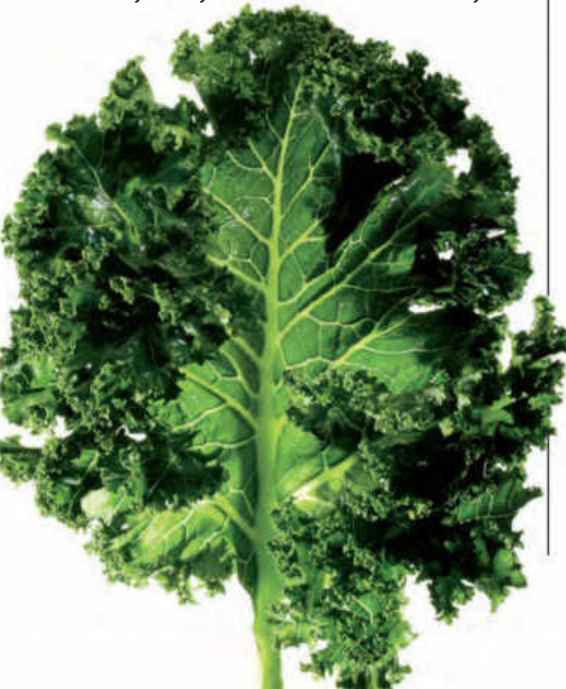
Want lower bad cholesterol levels? Add calcium, vitamin D and a prebiotic dietary fibre to your whey protein shake. Research in the *Journal of Food* found that, after 21 days of drinking this, study subjects had significantly lower LDL levels.

Leafy greens really can stop strokes



One more reason to eat a salad: it could help you avoid a heart attack or stroke.

Rats that were given nitrates - compounds found in spinach, kale, carrots, beans, beets, cabbage, lettuce and celery - in their drinking water had fewer oxygen-carrying red blood cells than a control group. Good news, since a red-blood-cell build-up can trigger clots and lead to heart attacks and strokes. And no need to go crazy: "Rats received the nitrate equivalent of just a plate of spinach a day," says study co-author Dr Andrew Murray.



118
Calories in one
standard
Bloody Mary

Flying high

Here's why you hanker for a Bloody Mary after take-off: scientists from Cornell University, US, have found that the loud noise produced by jet engines enhances your tastebuds' perceptions of savoury flavours - especially tomato, which contains high levels glutamate, which appear to be particularly pleasurable in flight.

You're more likely to overeat on a date than on a boy's night out, says a study in Evolutionary Psychological Science. Research revealed that men will eat significantly more food in the company of women than they will with other men. Study authors claim the findings suggest men will overeat to show off.

Fill up on fibre

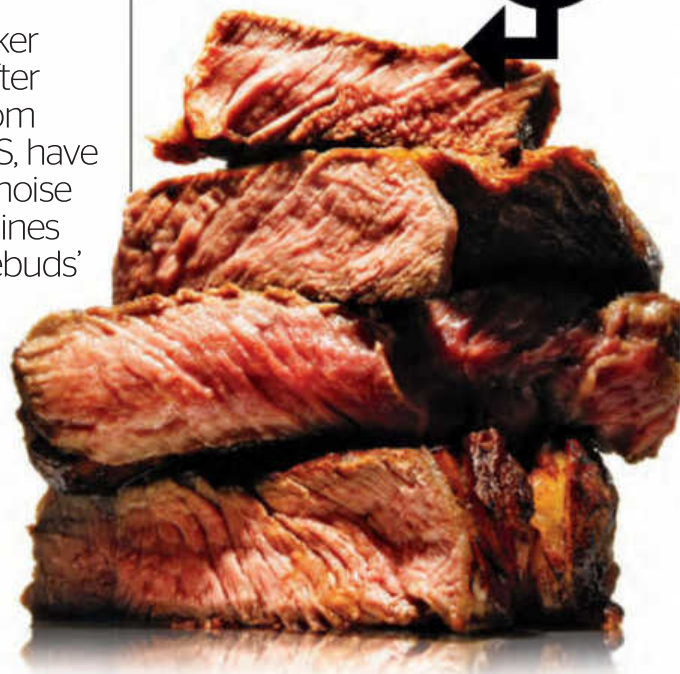
A study in the *Annals of Internal Medicine* has found people who added 7g fibre to their diets instead of eating a more complex diet had similar weight loss. The high-maintenance dieters lost only two more kilos than the other group.

Keeping it renal



Eating too much meat won't just clog your arteries and make you the target of vegan hate crimes - it can also up your risk of kidney cancer. So says a study in the journal *Cancer*, which found that kidney cancer patients tended to eat more red and white meat than cancer-free people. How the meat is cooked can also contribute to risk - cancer-causing chemicals are produced when meat is cooked at high temps or over an open flame.

Keep your red meat rare, not everyday



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A real happy meal

Small gifts can stimulate the same reward centre of the brain as food, according to US research published in the *Journal of the Association for Consumer Research*. The study's authors found that both children and adults were happy to choose a half-sized portion of food paired with a toy or prize over a full-sized portion without a toy or prize. If you're trying to cut your portion sizes, try to create a small incentive for doing so, and you'll be happier for it.



Don't throw a snag in your weight-loss efforts



Lighten your load

Buffet-goers fill two-thirds of their plates with the first items they come to, research says. And when those first items are less healthy - think: cheesy scrambled eggs and sausages - diners pile their plates with 31 per cent more food. So load your plate with healthier items before hitting the fattier stuff - you'll eat less overall.

Attention, diners

Scientists from the University of Illinois, US, have found that "distracted dining" can be as dangerous to your health as distracted driving. They observed families eating dinner together, either in a noisy environment or with no distraction. The researchers found that parents ate more unhealthy foods and soft drinks in the noisy environment - setting a bad example - and also paid less attention to monitoring what their kids were eating. All this can lead to a greater risk of obesity.

Not so sweet

If your excess sugar intake makes up 25% of your daily calories, you have twice the risk of dying from heart disease as someone whose intake is just 7%, a study of more than 30,000 people found. We're not saying you can't have fun - just keep the sweets few and far between. And try a natural sweetener when you must add something sweet.



Get steamy

Three to four minutes of steaming - the time it takes for broccoli to turn bright green - ups its cancer-preventing potential. Scientists compared boiled, microwaved and steamed broccoli and found that steaming it for several minutes was the best way to retain myrosinase, an important cancer-fighting enzyme. Boiling or microwaving it for even a minute or less actually destroyed myrosinase. Radish, rocket and other uncooked cruciferous vegetables like cauliflower and kale all contain myrosinase, too.

Toy story: puny humans cannot resist

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WTF?

THERE SHE BLOWS

WHY FARTS CAN BE A GOOD THING, AFTER ALL

TOOT THAT TROUSER TRUMPET

Next time you empty an elevator, congratulate yourself for having the healthiest microbiome in the building.

● Sure, a big, smelly one might clear a room, but there are upsides to your arse acoustics beyond Dutch-ovening the missus under the doona. Breaking the brown thunder is a sign that your body is hosting the right kinds of bacteria.

And the best way to encourage more of these good bugs - known as your microbiome - is to eat fibre.

"Fermentable components of dietary fibre have a critical role in feeding the gut microbiome," says Dr Trevor Lockett, head of the Gut Health and Nutrition Group at CSIRO Food and Nutrition. "This part of fibre is fermented mostly to short chain fatty acids, a process which creates gas."

Fermentation is a chemical process that breaks down carbohydrates in fibre: bacteria do it in your bowels to create food for themselves. Molecules that improve the health of their host - that's you - are also produced.

Having a healthy gut that's home to a happy family of good bacteria can have a huge impact on your entire body's health, from reducing inflammation and preventing diabetes to improving mental wellbeing.

The component in food that manages to make it through digestive processes in the stomach and small intestine to feed your microbiome in the large intestine is known as resistant starch.

You can improve the proportion of resistant starch in your diet by eating unrefined whole grains, pulses and legumes, unripe bananas and cooked and cooled foods such as potatoes, pasta and rice.

So stock up on these farty foods next time you're at the supermarket and let that rump roar.

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BULK UP

SUNNY FRIED UP

FRY WITH
SUNFLOWER OIL
TO GET
SHREDDED

● Olive oil might have that sultry Mediterranean appeal but, if you're looking to add muscle, you should make reliable old sunflower oil your cooking lubricant of choice. That's according to a new study from the University of Uppsala in Sweden, where participants ate 750 extra calories a day for seven weeks in an attempt to gain three per cent of their starting weight.

Half the group ate their surplus calories in the form of sunflower oil - which is high in polyunsaturated fat - while the other half consumed saturated fat-rich palm oil. By the end both groups had made similar weight gains, but the sunflower oil group had put on three times as much muscle mass and significantly less body fat.

The researchers attributed this to the oils' respective saturated and polyunsaturated fat content. Sunflower oil is one of the best sources of polyunsaturated fats, which can help lower your LDL ("bad") cholesterol and protect against heart disease, with five times more than vegetable oil and seven times more than olive oil. So reach for the sunny stuff next time you're cooking a protein-rich full English breakfast.

Sunflower oil is also an excellent source of immunity-boosting vitamin E



THE GOLD STANDARD



OUT OF THEIR SHELL

Eggs contain so much high quality protein (around 6g per egg) they're used as the standard by which other foods are measured. The amino acids in eggs are converted into muscle, skin, collagen and other body tissue more efficiently than the proteins from any other food. Egg yolks are packed with nutrients, including carotenoids.



START YOUR ENGINES

Two eggs for breakfast can help whittle your waistline. Studies show people who eat eggs in the morning have an easier time curbing calories during the day. Two eggs also provide nearly half your daily quota for choline – a key component of acetylcholine, a neurotransmitter that carries messages between nerves and muscles and fosters the storage of memories in the brain.



IT'LL BE ALL-WHITE

Mix one whole egg with egg whites to keep the protein up but cholesterol and saturated fat in check. For a post-workout meal, whip up a frittata and add any veggies you have to hand. Rather than messing around with separating your eggs, grab yourself some Farm Pride Frozen Egg Whites (farmpride.com.au).

REPLENISHING YOUR PROTEIN REGULARLY THROUGHOUT THE DAY CAN HELP YOU ADD MORE MASS



Muscle time

Muscle growth might depend not only on how much protein you eat – but when you eat it

There are as many theories about protein and muscle growth as there are cookbooks by former *MasterChef* contestants. So which one is right? The one that works best for you. Here's the latest.

MORE FOR MASS

According to a new study in *Applied Physiology, Nutrition, and Metabolism*, a healthy, active adult needs about 0.6 grams of protein daily for every pound of body weight (approximately 1.2g per kilo), compared with the old number of 0.4 grams per pound – a 50 per cent increase. And if you lift or do lots of endurance training, you need even more.

But it appears that it's not just how much protein you consume – it's about how evenly you spread things out throughout the day. See, the study found that most people eat about 60 per cent of their entire day's protein at dinner time. But since your body can't store protein for long, what you eat at night is gone by the morning. Unless you're replenishing your protein regularly, you're limiting the number of hours protein has to do its work building and repairing muscle.

BE EVEN STEVEN

To get max benefits, split protein evenly

among all three meals, researchers say, starting with breakfast. And focus on high-quality animal-based protein, which is packed with muscle-friendly nutrients and essential amino acids.

Smarter pasta

The next time you're hankering for a spaghetti, grab a bag of this stuff. Vetta Smart Pasta High Protein Low Carb range tastes like normal white pasta, with 50% more protein and 25% less carbs. It's also high in fibre and 97% fat free. Check out vettapasta.com.au



THE MED MUSCLE DIET

SIMPLE WAYS TO TWEAK THE MEDITERRANEAN DIET TO GET LEAN, HEALTHY AND STRONG

THE
CLEAN
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● Diet fads come and go, but we've already learnt what works - partly from a study begun in the '50s that shed light on what kinds of lifestyles may be good for you. Called the Seven Countries Study, it included 12,763 men in four world regions and found that the diets of people residing near the Mediterranean Sea, plus healthful living, were linked with increased wellbeing. The "Mediterranean diet" is less a set of restrictions on

foods and methods of creating meals and more a fitness-lifestyle plan that consists of lots of fruits and vegetables, nuts, legumes and whole-wheat grains; more olive oil, less butter; elimination of red meat; limited sweets; some wine (whooh-hooh!); and low trans and saturated fats. Today, the Med diet is still one of the best ways to eat and live well. Here's how to tweak it to optimise muscle gain, too

THE MED DIET
ISN'T JUST
GOOD FOR
YOUR HEART.
IT'S GOOD FOR
MUSCLES, TOO

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vero tota quiam
verferu*

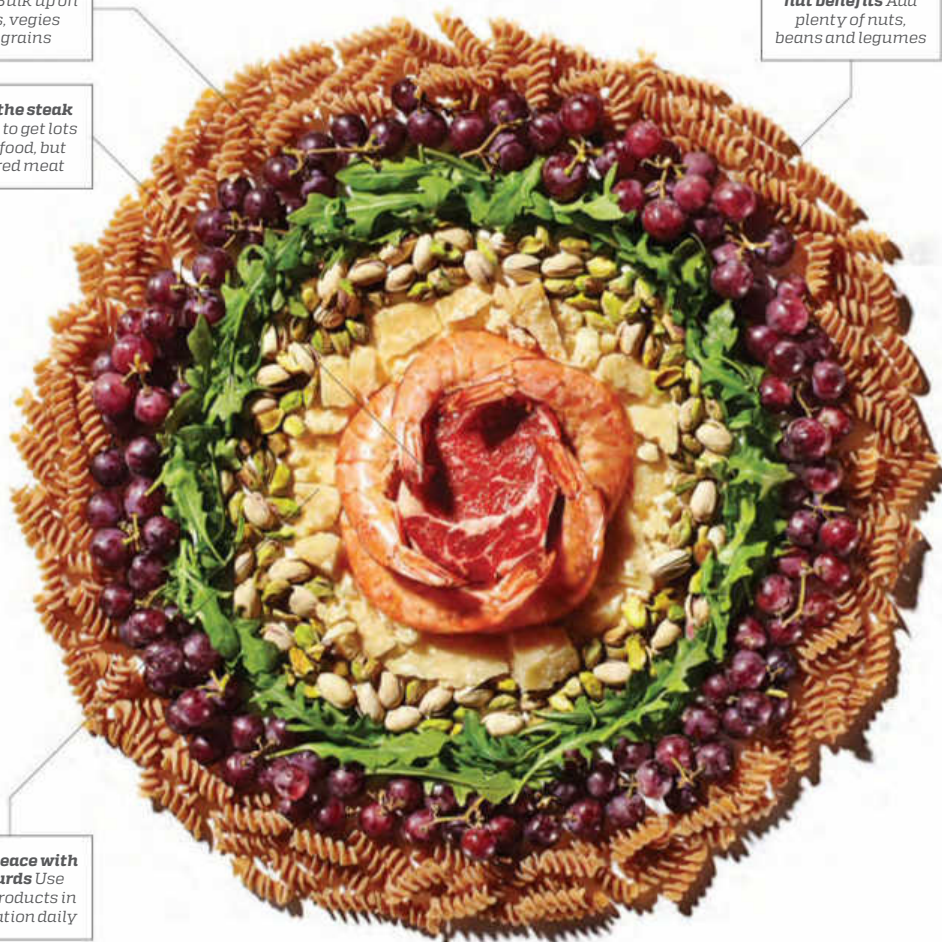


Turn on the plant power Bulk up on fruits, veggies and grains

Spare the steak Be sure to get lots of seafood, but limit red meat

Consider the nut benefits Add plenty of nuts, beans and legumes

Make peace with the curds Use dairy products in moderation daily



may have benefited from the visual cue for portions: they reduced their calorie consumption by 18 per cent over those whose shells were taken away at intervals throughout the day.

REMEMBER: QUALITY ALWAYS RULES

■ Another way you can modify the Mediterranean diet to better serve your goals is to choose higher-quality foods for all your daily requirements.

When selecting fish for dinner, go with a nutrient-dense fillet of wild salmon, rather than a piece of farm-raised fish. Be sure to use fresh extra virgin olive oil, as it's the main fat component in the diet. And don't be afraid to spice it up to really enjoy your meals. Some prominent Med spices are known to have antioxidant properties, including paprika, cumin, turmeric, cinnamon and coriander.

Following diet trends can be tricky and treacherous for both your waistline and your wallet. Some require forking over cash for a book so you can follow complicated and convoluted plans; others are simpler but leave out foods that are nutrient-dense and great for reaching fitness and health goals.

The tried-and-true Mediterranean diet, though, with its basis in a regional lifestyle that's evolved over thousands of years to create a fit and healthy population, is a really great place to start.

FINE-TUNE YOUR PROTEIN FOR MAX MUSCLE BUILDING

■ For strength gains, your main change to the Med diet should be in how much protein you eat. Typically, the emphasis is on having three or more weekly servings of fish/seafood, limiting red meat and replacing it with poultry so that about 15 per cent of your calories come from protein. Various nutritionists recommend getting about 20 per cent of your diet from protein to help build muscle.

Since a fundamental Mediterranean diet component is an emphasis on eating mostly plant-based foods and limiting red

meat, you shouldn't just add in more red meat to bump up the protein, says Heather Mangieri, a specialist in sports nutrition.

"Instead, guys should focus on getting more protein from the foods the diet promotes;

poultry, fish, yoghurt, cheese and eggs should still be part of the daily eating plan." To meet everyday protein needs, shoot for 25 to 30 grams of protein over six meals and snacks, which is easy to do using the diet's main foods.

GO NUTS (THE SMART WAY)

■ "Each meal should be a combination of proteins, healthy carbohydrates and some healthy fats," Mangieri says.

Healthy fats, both polyunsaturated (like omega-3 fatty acids) and monounsaturated (in olive oil and canola oil) add to the feeling of fullness you get from eating nuts, seeds and oils, she explains. However, though most Med diet versions place few restrictions on which or how many nuts and seeds you eat because both contain healthy fats, they can be calorie-dense and may throw your macros off if you eat mindlessly.

Our suggestion: stick with nuts like almonds, pistachios and walnuts.

Pistachios are hands-down a good choice for health-conscious guys wanting to stay trim and fit. When you eat pistachios, you're getting a lot for your effort: 49 nuts equals six grams of protein and about 160 calories. In-shell pistachios are also a great way to keep your nut consumption mindful, as discovered in a 2011 preliminary behavioural study in *Appetite*. The results, dubbed the "pistachio principle", showed that snackers who left discarded shells in front of them all day

Crack open a few These green nuts are protein champs



ENERGY DRINKS - OR SPEED TRAPS?

ENERGY DRINKS MAY TRIGGER DEPRESSION
AND ANXIETY IN YOUNG MEN

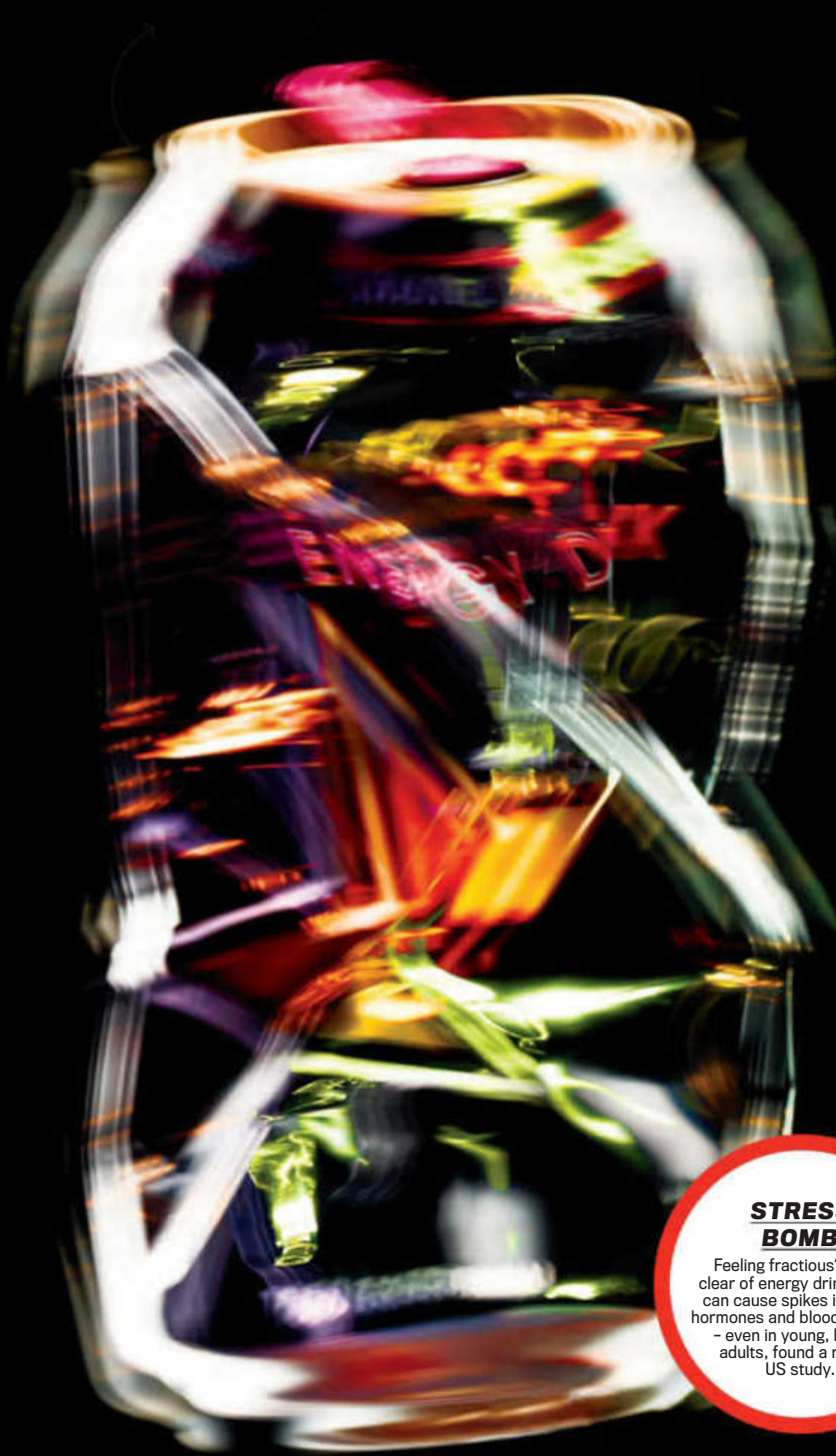
● Among the thousand-plus young people questioned in a study published in the (aptly named) *Journal of Depression and Anxiety*, men who drank at least one 250ml energy drink a day reported higher anxiety - and as downing them became chronic and more frequent (six to eight servings daily), the anxiety worsened. Interestingly, the 567 women in the study were not affected by energy drinks - the link between mental health problems and energy drinks appeared to be in men only.

So, are energy drinks causing stress, or are already-anxious blokes just self-medicating?

"We can't yet say with certainty," says study author Dr Georgina Trapp, but "high caffeine consumption has been shown to be significantly associated with anxiety and panic disorders."

Plus, she adds, "other ingredients such as guarana and ginseng have also been linked to anxiety, irritability, nervousness, restlessness, tremors and mania."

So keep an eye on the caffeine levels and other ingredients in your drinks, and adjust your intake accordingly. Or skip the energy drinks altogether and stick to good old-fashioned water.

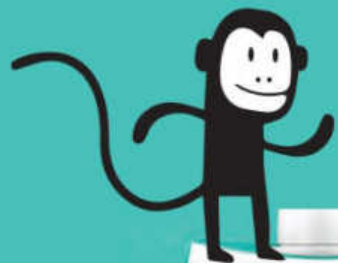


STRESS BOMB

Feeling fractious? Steer clear of energy drinks. They can cause spikes in stress hormones and blood pressure - even in young, healthy adults, found a recent US study.



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THE 12-HOUR FAST

LIMITING THE HOURS YOU CAN EAT IS A SMART WAY TO LOSE FLAB

● Going at least 12 hours without eating has pretty amazing weight-loss benefits according to a new study from the Salk Institute in the US. Groups of mice on various diets (normal food or food high in sugar/fat) were either allowed to eat around the clock or forced to fast 12 hours a night. Result: mice that fasted at least 12 hours gained less weight overall than mice that were fed the same type and

amount of food but had the run of the feed trough all 24 hours.

Even when the fasters got free “weekend passes” to gorge anytime, in the end they still put on fewer kilos (OK, grams) than the non-stop nibblers. And when non-fasting obese mice were put on the 12-hour fast, they dropped five per cent of their body weight – though they were eating the same calories!

The researchers, who hope to conduct human trials soon, theorise that overnight fasting makes the body switch from burning food to burning fat. Intermittent-fasting expert Dr Mark Mattson of Johns Hopkins University in the US even advises limiting food intake to an eight-hour window, to give your body a full 16 hours to act as a fat-burning furnace.

ON THE TUBE

TV cooking shows make you feed your face, a new study has found. Time to switch off?

ATTENTION VIEWERS

With the TV landscape so full of mouth-watering cooking shows, flipping channels can seem like a trip through food-porn paradise. Unfortunately, using these shows to cook by can backfire on you.

NOT SO DELICIOUS

A new study from Cornell University in the US found that viewers who used TV recipes to create dishes from scratch weighed an average of five kilos more than those who watched just for fun. They were also heavier than home cooks who used cookbooks, online recipes, or personal recommendations to make their dishes.

RECIPE FOR DISASTER

"Cooking shows may normalise unhealthy foods or portions, which can make home cooks think it's OK to eat that way on a daily basis at home," says lead author Dr Lizzy Pope. "The best thing to do is be aware that depicting healthy foods is not the No. 1 mission of most food shows." So get your recipes from sources other than Matt Preston or *The Great Australian Bake-Off*—like, say, this mag.



SHUTTERSTOCK

Come for the ice cream,
stay for the eye candy



Bistro booby traps

Stay alert to these pitfalls of dining out

PITFALL NO. 1

The size of your waiter

Yep. A fat waiter is likely to make you eat more. A new study from the Cornell Food and Brand Lab in the US has found that diners who ordered their dinner from heavier wait staff were four times more likely to order dessert and also ordered, on average, 17 per cent more alcohol! Why? Researchers surmise that a chubby, jolly waiter is more likely to make you go "What the hell!" and go nuts with the dessert trolley.

PITFALL NO. 2

Where you sit

Another Cornell study found that people are more likely to order healthier foods if they're seated by a window or in a well-lit area. The study found that sitting somewhere that makes you more visible or conspicuous to people can influence the choices you make. Sitting at a less-comfortable high table also make you more likely to order healthier choices, as you're not able to slouch and get all comfy and greedy.

PITFALL NO. 3

Whether you're Nigel or not

Eating with a big group of friends can make you overeat – consuming up to 35 per cent more than a solo diner. This is because all that talking and laughing and drinking – you know, the fun stuff – can distract you from how much you're actually shovelling into your gob. Researchers from Purdue University in the US recommend eating alone to avoid weight gain, and to ensure that you arouse pity in everyone sitting around you.

PITFALL NO. 4

You're paleo

Not a downfall in itself (chill, Pete Evans), but navigating a menu when you're trying to stay paleo can be tricky. Don't worry, there are so many gluten-free fans out there now, most restaurants will cater to you. Don't be scared to ask questions, but also don't stress too much. Following the 80/20 rule is fine. You're there to have fun, after all. Alternatively, choose a paleo-friendly restaurant like Sydney's Hunter & Barrel (hunterandbarrel.com).

OIL BE BACK

WHO'S AFRAID OF A LITTLE FAT? HERE, FIVE OILS YOU SHOULD USE

MIX UP YOUR
COOKING
LIQUIDS FOR
ADDED HEALTH
BENEFITS

Pumpkin
seed oil
Flu fighter

Cod liver oil
Quick
rejuvenate

Extra virgin
olive oil
Heart-healthy

Avocado oil
Complexion-
friendly

Coconut oil
Energy
boost



SEAR YOUR STEAK WITH...
Avocado oil

The key to frying a perfect steak is to heat the pan until it starts to smoke and then add the oil, swiftly followed by the meat. But with most oils, the smoke point – the heat at which they start to degrade and turn carcinogenic – will already have been breached by the time the oil hits the pan. The solution? Use liquid avocado, which tops the smoke point table with a furnace-proof upper limit of 270°C, while also providing a bonus hit of skin-improving vitamin E.

STIR-FRY WITH...
Coconut oil

This oil consists almost entirely of medium-chain triglycerides – fatty acids that go straight from the digestive tract to the liver, where they're turned into instant energy. As a bonus, over 90 per cent of these are saturated, which makes it highly resistant to heat and therefore ideal for everyday frying. Alternatively, for an energy-enhancing morning brew, add a teaspoonful to a strong black coffee.

DRESS YOUR SALAD WITH...
Extra virgin olive oil

Contrary to popular belief this is a poor option for frying, thanks to its relatively low smoke point of around 180°C. Instead, harness its cholesterol-balancing powers as a dressing for a Mediterranean salad – think spinach leaves, olives, sundried tomatoes and mozzarella. And yes, it's definitely

worth shelling out extra for the extra virgin variety, because it's minimally processed within half an hour of being picked, whereas any other form is likely to have seen heavy and protracted processing. Check the bottle for a harvest date – freshness brings more nutrients and a superior taste, so an oil produced within the past year is preferable.

DRIZZLE YOUR PASTA WITH...
Pumpkin seed oil

An intense, nutty taste makes this oil – a speciality of south-eastern Europe – an ideal topping for rich main dishes and even desserts such as ice cream. It's cost-effective too (despite the high bottle price)

because a little goes a long way, while its extremely high levels of zinc will help to keep your immune system topped up through the winter months.

SPIKE YOUR SMOOTHIE WITH...
Cod liver oil

Let's be honest, no-one likes the fishy taste of cod liver oil. But given its high levels of recovery-enhancing omega 3 fatty acids, adding it to your diet is definitely worth the stomach-turning effort. Our advice: mix a teaspoonful of the pongy liquid with a fresh smoothie made from mildly acidic fruit – an apple, a pear and a handful of berries – to balance and mask its flavour.

Dip with sourdough bread, which provides slow-digesting carbs that drip-feed you energy and avoid fat-storing blood sugar spikes



	Regular frying	High heat frying	Garnishing	Drinking
AVOCADO	Good	Good	OK	Bad
COCONUT	Good	OK	Bad	Good
PUMPKIN SEED	OK	Bad	Good	Bad
COD LIVER	Bad	Bad	Bad	Good
EXTRA VIRGIN OLIVE	OK	Bad	Good	Bad

Good OK Bad

Get cooking

Planet Food Refined Coconut Cooking Oil

One hundred per cent coconut oil. It's vegan, and dairy- and gluten-free. No artificial colours or flavours and no cholesterol or trans fats. Perfect for cooking and baking. Head to planetfood.com.au for more information.



GET A CARDIO BOOST

FUEL YOUR SESSIONS THE RIGHT
WAY FOR THE BEST RESULTS

See page 32 for
info on how you
can use high-GI
carbs to boost your
performance

1

FOR AN EMPTY TANK Sweets

If you're out before breakfast, a handful of jelly beans eaten throughout your morning run will provide sucrose and maltodextrin to prevent muscle glycogen depletion. Consume with water to avoid gastrointestinal discomfort and stick to 30-60g per hour.

ALTERNATIVE SOURCE
Raisins

2

FOR ADDED OOMPH Energy bar

As you exercise, you burn through reserves of muscle glycogen stored from food you've eaten. Sugars (such as fructose and glucose) and maltodextrin (a carb derived from corn starch) in each mouthful of an energy bar provide an alternative source to keep you going when you'd usually be flagging.

ALTERNATIVE SOURCE
A banana

3

FOR POWER ENDURANCE Beetroot juice

Taken pre-race, this upgrades your circulatory system so you're more efficient and will recover faster. Its nitrates convert into nitric oxide, a vasodilator that widens blood vessels and boosts oxygen delivery to your muscles.

ALTERNATIVE SOURCE
200g beetroot

4

FOR EXTRA SWEATY EFFORT Isotonic drink

Isotonic means this solution has a similar concentration of dissolved sugars and electrolytes (like potassium, chloride and magnesium) to body fluids, promoting faster hydration than plain water. Especially useful in humid conditions when you finish a session feeling like a wrung-out sponge and pure H₂O just isn't enough to keep you hydrated.

ALTERNATIVE SOURCE
Add 100ml cordial and ¼ tsp salt to one litre of water

5

FOR STOPPING MUSCLE LOSS Holy basil

The science on this supplement is still quite raw, but preliminary studies suggest it can encourage fat burning and preserve muscle - which is especially useful if you love to run but struggle to maintain size. Also known as ursolic acid and most commonly found in apple peels, it does this by inhibiting and stimulating key hormones and reactions in the body.

ALTERNATIVE SOURCE
Peel of one apple

YOU TAKE WHAT?

Some more unusual performance boosters



ALGAE

Proponents claim it boosts energy, thanks to its nutritional profile. Algae contains 4.8g protein per serve, plus all the B vitamins and minerals that are naturally chelated, or bound to amino acids, which makes them easier to absorb.



ELK ANTLER

Apparently this boosts testosterone. Antlers are the fastest growing animal tissue known to science, and it's claimed that taking a dried and ground version of the (humanely removed) antler helps to boost the body's ability to regenerate tissue.



MARIJUANA

While smoking pot is probably not going to help you win any gold medals, some studies suggest that it can distract you from bodily pain, meaning you can keep going for longer. Which might come in handy when you're running from the cops...



Prep like a pro

We find out how a World Tour cyclist fuels his body

Pat Shaw, Avanti-IsoWhey Sports team captain, recently made his World Tour debut at the Santos Tour Down Under, part of the prestigious UCI WorldTour. It's held in South Australia in January every year, making it the first event on the international cycling calendar. We pedalled frantically alongside him recently to ask him how a pro cyclist fuels up for ultimate performance

• What do you eat while you're training?

Generally on a training ride I would consume between 2-4 bottles of electrolyte hydration formula and at least one energy bar.

• What do you eat the night before a big race?

Energy is the main objective, so most likely the night before I would have a pasta dish of some sort with a little bit of protein, served with a salad and then watermelon or fruit salad as a dessert option.

• On the morning of a race?

I normally would eat a light pasta option, no meat, no sauce, but this season I have changed my routine and now I have two toasted ham, cheese and tomato sandwiches and a coffee.

• During a race?

Per hour I would consume two 500ml

electrolyte hydration bottles, 1 energy bar or 2 energy gels and maintain this for the duration of the race.

• After a race?

Immediately post-race I have a shake of IsoWhey Sports Refuel & Rebuild to kick-start my recovery as soon as possible.

• What nutrients are especially important for cyclists?

The key nutrients that I focus on are magnesium, beta-alanine, L-arginine and L-carnitine for pre, post and endurance fuel.

To follow the team, head to avantiisowheysports.com.au

THE ONLY SUPPLEMENTS YOU'LL EVER NEED

THE BEST (AND WORST) PILLS, POWDERS AND POTIONS TO AID YOUR WORKOUT



THE KEY

- = MUSCLE
- = FAT LOSS
- = RECOVERY
- = ENDURANCE
- = ENERGY
- = HEALTH

The foundations



VITAMIN D

Needed for healthy bones, muscles and immunity. Sunlight is the best source, but supps help prevent deficiency, which can lead to low strength and illness. Recommended dose: 1000IU a day.



WHEY

The daddy of all protein. Derived from milk, it provides all nine essential amino acids to build muscle. Isolate (90 per cent protein) or fast-absorbing hydrolysates are best. The ideal post-workout dose is 20-25g.



FISH OIL

If the only seafood you eat is from the local fish and chip shop, get your cholesterol-improving unsaturated fats from this fat-fighting super-supp that also boosts blood flow and reduces inflammation.



CASEIN

The nightcap. Also found in milk, it has larger molecules than whey – although it contains the same amino acids – so it's absorbed slower. An ideal pre-bed protein hit after exercise.



The back-ups



BRANCHED-CHAIN AMINO ACIDS (BCAAs)

Valine, leucine and isoleucine help fuel your muscles and stop them breaking down during exercise. Only needed when training like a demon.



PROBIOTICS

Re-colonise your gut with live bacteria to aid digestion and extract nutrients from your food. Taken in the lead-up to a major race, they can cut the risk of respiratory problems.



GREEN TEA EXTRACT

A mix of potent antioxidants and caffeine nudges up thermogenesis (calorie burning and fat oxidation) to give your fat-burning efforts a helping hand.



CREATINE

If power and strength are your top trumps, sprinkling 5g monohydrate powder in your post-training shake can help sustain your high-intensity efforts.



The emergencies



DEXTROSE/MALTODEXTRIN

A carbohydrate derived from corn starch. During training 30-60g of carbs per hour helps prolong endurance. Post-workout, a ratio of 4:1 carbs to protein restores glycogen for rapid recovery.



BETROOT JUICE

Forget spinach – beetroot is the king of performance veggies. Nitrates (converted to nitric oxide) widen blood vessels and aid delivery of oxygen to your muscles for lasting endurance.



BETA-ALANINE

Got a deadlift PB you simply must destroy? Boost your chances by offsetting fatigue with this amino acid. Note: can cause paraesthesia (skin tingling) if you chug too much in one go.



CAFFEINE

This legal stimulant is a minor miracle worker. It boosts endorphins in your brain to reduce your perception of fatigue and pain, tricking you into a better, more alert mood for work or play.



The optionals



ZMA (ZINC MAGNESIUM ASPARTATE)

Claimed to boost testosterone and energy while promoting undisturbed sleep – but you only need it if you're deficient. Nuts and seeds will keep your Mg and Zn topped up.



TAURINE

An amino acid often found on the labels of dubious energy drinks, it's said to improve endurance but proof is limited. You can get all you need from milk, fish, meat and eggs.



SUPERGREENS

If your diet's strictly carnivorous, slurping concentrated fruit, veg and herbs can balance your pH levels, helping prevent weight gain. But you'll miss out on the fibre of fresh greens.



VITAMIN C

This powerful antioxidant prevents cell damage and aids recovery, but too much (over 1000mg) can blunt muscle growth. Get your C from berries, citrus fruit and peppers.



The empty promise



SOY

Whole soy beans are a high-fibre, high-protein bedrock of the gut-healthy Asian diet. But powdered soy is often stripped of any benefit.



EPHEDRINE (MA HUANG)

A powerful stimulant that mimics adrenaline, often used in fat burners and cold remedies, but it carries severe heart-related risks.



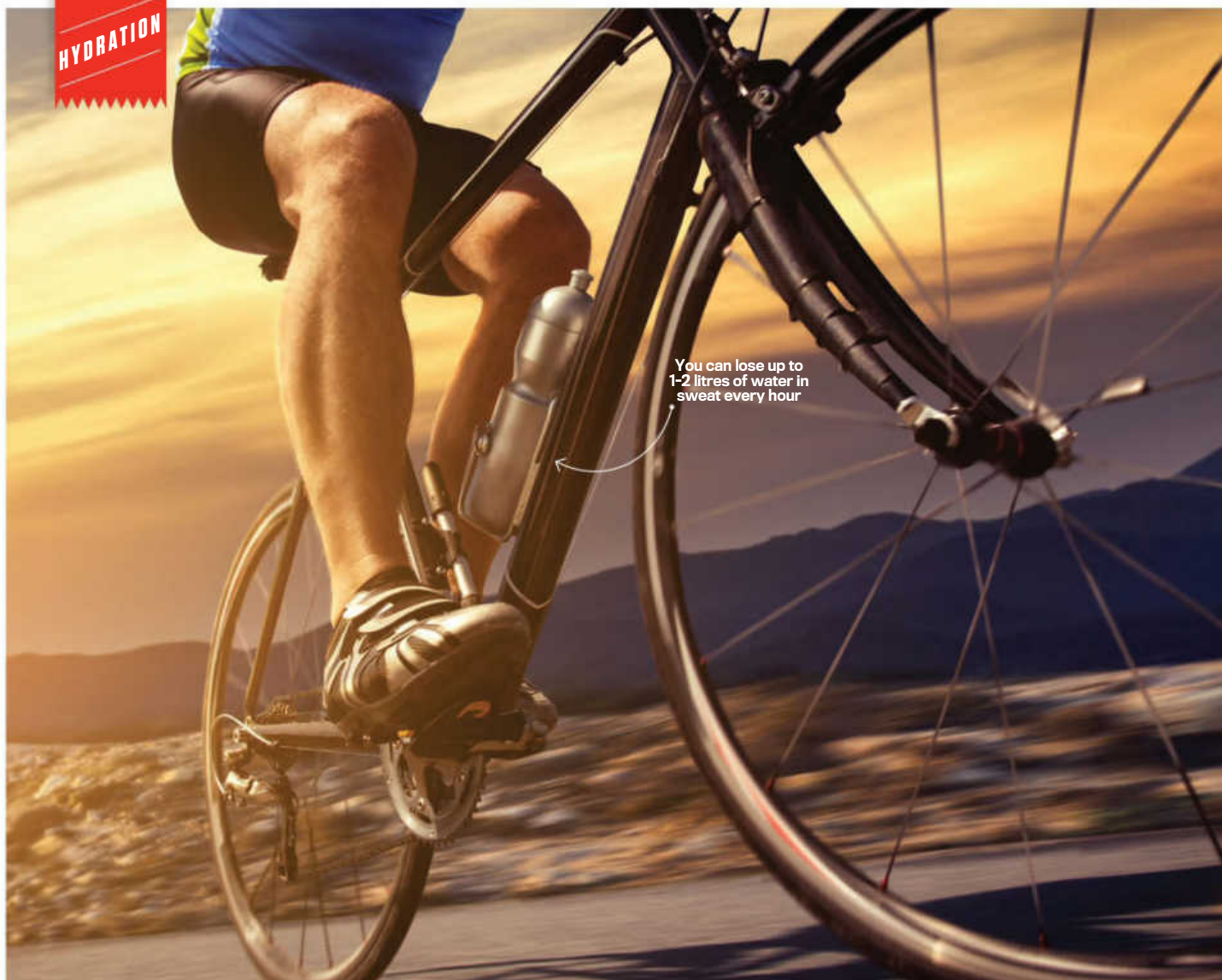
WAXY MAIZE STARCH

Carbs from rice, barley or corn. It's said to help rapid recovery, but some studies show it has worse digestive properties than white bread.



DEHYDROEPIANDROSTERONE (DHEA)

This steroid is meant to boost testosterone for lean muscle but can result in acne, cancer, heart attacks and moobs.



THIRSTY WORK

Hydrate faster and smarter with these

● Approximately 60 per cent of a man's body consists of water, with brain tissue nearly 85 per cent water. You lose around 2.5 to 3 litres of water per day, and that's before you throw strenuous exercise into the mix. And when you sweat, you don't just lose water, you lose electrolytes - charged particles that help the body regulate hydration, blood pH, cellular metabolism and muscle function. If you're going hard with your workout, especially in warmer weather, it's worth thinking about rehydrating with something that replaces what the sweat takes out. Here are our picks of some of the latest rehydration products. Drink up!



1 ENDURA

BEST FOR:
endurance athletes

Containing sodium and potassium at levels recommended for athletes in endurance events. With 20g carbs per dose for energy and Meta Mag Magnesium to help prevent muscular cramps and spasms and relieve aches and pain, it's a truly comprehensive rehydration formula.



3 RAW C

BEST FOR:
paleo heads

Natural Raw C is 100 per cent natural coconut water sourced from young, green coconuts with no added sugar, sodium or any other nasty ingredients. It's part-owned by Pete Evans, so you paleo fiends will trust it's safe to drink. (No bone broth required.)



4 KARMA WELLNESS WATER

BEST FOR:
feeling Zen

Vitamins can deteriorate in water, so Karma keeps its vitamin powder separate. When you're ready to drink, just pop the cap, shake and rehydrate with the added bonus of seven vitamins, plus antioxidants and superfruits.



6 AQUAHYDRATE

BEST FOR:
science-minded blokes

It's high alkaline, electrolyte-enhanced sports water. AQUAhydrate, is purified and supplemented with over 72 bio-available electrolytes and natural trace minerals, with an alkaline pH of over 9+.

WHO EATS ROO?

SHE EATS ROO.

Kangaroo,
the super lean
red meat.

Tiffany Hall
ELITE ATHLETE, TRAINER.



AVAILABLE NATIONALLY AT
INDEPENDENT SUPERMARKETS AND

coles

Woolworths 

Cooking tips and recipes at iloveroo.com.au #iloveroo

ESTD 1987
GOURMET GAME
MACRO MEATS

KNOWLEDGE

Full fat milk has
a GI of 41; skim
milk is 32

Rolled oats
have a GI of 42;
instant oats soar
up to 82

**"IN MODERATION,
UNREFINED SUGARS
ARE AN IMPORTANT
PART OF YOUR DIET"**

Blueberries
have a moderate
GI of 53, but are
nutrient dense



SWEET CHARITY

UNDERSTANDING THE GLYCAEMIC INDEX CAN HELP KEEP TRAINING AND WEIGHT GOALS ON TRACK

The glycaemic index (GI) rates how quickly certain foods turn into glucose in the bloodstream. While high-GI foods can cause a rapid jump in blood sugar, followed by a massive crash, low-GI foods increase blood sugar slowly, providing constant and stable energy levels over a period of time.

Several factors contribute to a low GI rating, such as the presence of protein, fibre and fat. Pure processed sugars garner the highest scores, with the most highly processed foods topping the list. For instance, out of a possible 100, instant rice earns a 90 while fibrous, vitamin-rich brown rice gets a 55.

Studies by the US Harvard School of Public Health show that diets loaded with high-GI foods lead to an increased risk of type 2 diabetes, heart disease and obesity. In fact, the World Health Organisation is spearheading a movement to include GI ratings on food labels, and several products in Australia already bear the grade.

The insulin dump

Although sugar is lower in total calories per gram than fat, it contributes mightily to a fatty frame.

"In our society, sugar is consumed in excessive amounts through unhealthy foods, and it increases total calories,

leading to weight gain," says Dr Eric Sternlicht, professor of kinesiology at Occidental College, US. This effect is largely due to a hormone called insulin.

The more highly processed sugar you eat, the greater the release of insulin from the pancreas. That's because the main role of insulin is to return blood-sugar levels to normal. However, when blood-sugar levels jump violently – when you eat high-GI foods – your body pumps a massive amount of insulin into the bloodstream. This causes an overshoot, making blood-sugar levels bottom out, which triggers appetite, leading to a vicious cycle of overeating.

The upside of sugar

We've been over the evils of sugar, but it has its benefits, especially

if you're an active bloke.

"Sugar has a bad connotation attached to it," says Dr Sternlicht. "But in moderation, unrefined sugars are an important and vital part of your diet." Sugar that is needed for activity – such as weight training or a cardio workout – can be used as fuel, and the rest will be stored in the liver and muscles as glycogen for later use. Unfortunately, storage space is limited, and anything left over turns to fat. This balancing act is a result of science which shows that sugar boosts performance. According to Dr John Ivy, professor in the department of kinesiology and health education at the University of Texas at Austin, US, "[Any kind of] carbs taken during exercise improves endurance performance, especially if an athlete is competing for a prolonged period of time during which stores

would be depleted. In fact, there is even some indication that carbs also improve short-term performance of intense exercise as brief as 20 minutes." Taken after a workout, sugar – combined with protein – expedites recovery while helping you pack on new muscle. We've already established that sugar boosts insulin levels, which are typically low after a workout. In turn, insulin propels amino acids – the building blocks of muscle that you get from protein – directly into your tired and hungry musculature. In this way, sugar acts as a transport system, efficiently feeding your muscles when they need it most.

So while sugar is generally the dietary baddie, if you understand how to use it to your advantage, it can also be a friend in need.



Sweet rules

● Limit refined sugars

Lacking in nutrients and fibre, refined sugars are calorically dense, meaning they have lots of calories with little bulk. As a result, they don't put a dent in your appetite, so you can quickly eat too many.

● Choose unrefined sugars

Unrefined sugars are found in fruits, some vegetables and other whole foods and should make up the bulk of the carbs you eat every day.

● Use sugar for peak performance

Despite its drawbacks, sugar is essential for tough workouts.

● Time it right

A study in the *American Journal of Physiology* has shown that taking in sugar immediately before you exercise inhibits the fat-burning effects of cardio. If you run in the morning, do so before eating breakfast. If you work out in the afternoon, focus on foods that have a low GI, and eat them at least two hours before hitting the pavement.

● Take in sugar after training

In contrast, consuming sugar after a workout is vital for restocking muscle-glycogen stores. In fact, in the hour immediately after a workout, almost none of the sugar you eat will be used to form fat. This is where high-GI foods come into play.

● Eat your dinner before dessert

A food's glycaemic index is affected by what you already have in your stomach or what you eat along with it. Avoid eating high-GI foods all by themselves. If you get a box of chocolates as a gift, be sure to dip into it lightly and only after a healthy meal.

EATING FOR TWO

Fuel your body and your wang with foods that make 'em run properly

● There are any number of things that can harm sperm and testosterone production and crush your desire to get busy. However, upping your intake of specific foods can have the opposite effect.

FRUITS

Watermelon is a great choice thanks to its lycopene content - crucial for your penis as it helps relax blood vessels and increase blood transmission to organs for a strong erection. Pomegranate juice can increase genital sensitivity thanks to its oestrogen content, says dietitian Rebecca Scritchfield. Bananas contain a special enzyme called bromelain, which specifically "delivers an anti-inflammatory and blood-thinning effect, helping boost testosterone," she says, while cranberries help in the synthesis of sex hormones.

VEGIES

"Carrots are packed with vitamin A, which helps regulate the synthesis of the sex hormone progesterone, and also stimulates sperm production," explains Scritchfield. She also points out that beetroot is high in nitrates, which are vasodilators, and open up blood vessels and increase blood flow.

Plus, celery holds a strong aroma (thanks to two steroids called androsterone and androstenol) that, when consumed and released through sweat glands, attracts the opposite sex and can heighten arousal.

NUTS

Brazil nuts are one of nature's best sources of selenium, imperative for sperm production and mobility. Cashews are an excellent source of zinc; a known T-booster in men, specifically because it blocks the enzyme that converts testosterone to oestrogen. Finally, peanuts contain the amino acid L-arginine, which, says Scritchfield, helps relax and widen blood vessels, increasing blood flow throughout the body - and once arginine is consumed, the body converts it into nitric oxide - which is a compound found in Viagra.

A SECOND OPINION

Experiencing performance problems on a regular basis? It's time to man up and make an appointment to see your doctor.

"KEEP YOUR HANDS OFF MY MELON"

WHEY BETTER VALUE

**NEW
FLAVOURS**

Maximise your training with this best-in-class formula packed with clinically proven ingredients scientifically selected to improve strength, size and lean muscle definition. This exclusive 100% naturally flavoured formula pushes the limits of premium protein science without the premium price tag.

1 ADDED!

— PROTEASES —
DIGESTIVE
ENZYMES

2 BETTER!

PREMIUM
3x WHEY
— FORMULATION —

3 LOADED!

WITH
32g PROTEIN | **7g BCAAs**

4 100%!

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RUM FOR IT

These five modern twists on the classic rum drink will keep you partying hard

Make your own

To prepare each of the following drinks on the rocks, combine ingredients in a shaker, shake well, then pour in a glass over ice. Garnish as needed.

The Lost City

10ml gold rum
10ml banana rum
10ml Nassau Royale
(a sweet rum-based liqueur – swap in orange curaçao if you don't have it)
90ml pineapple juice
Splash of grenadine

The Atlantean

60ml Bacardi Gran Reserva 8-year-old rum
20ml sugar syrup
2 dashes of Angostura bitters

Spiced & Stormy

45ml Bacardi Oakheart rum
Top with your favourite ginger beer

El Presidente No.1

60ml Bacardi Carta Oro rum
30ml Martini Rosso
1 dash Angostura bitters

Island Dream

45ml pineapple rum
30ml peach schnapps
30ml orange juice
15ml lemon juice
30ml rosemary syrup*

*To make rosemary-infused syrup, combine equal amounts of sugar (or sugar substitute) and water in a saucepan, bring to a boil and drop in sprigs of rosemary. Remove from heat, let sit for 30 minutes, strain out rosemary and chill in the fridge.



● Australia has had a long and turbulent relationship with rum; the potent beverage was so prized in early colonial times it was used as currency, taking centre stage during our first big barney, the Rum Rebellion. Today, it's still sought after – but as a smooth spirit drunk neat or on the rocks, or as a base for kick-arse cocktails that can be slung down at bachelor pad and man-cave gatherings. Either way, the pirate's tippie of choice is now open for business...



Three bottles of drinking pleasure

Bacardi Carta Blanca

■ One of Maestro de Ron Bacardi's most entertaining creations: a light and aromatic rum ideal for mixing up a party storm.



Bacardi Carta Oro

■ American oak barrels have been used to develop soft oak, rich vanilla and dried fruit notes, which come together as one mega-awesome harmony on your palate.



Bacardi Oakheart

■ Aged in charred, white oak barrels to impart a hint of smokiness, this rum is perfect for late-night dalliances when the atmosphere is cosy and she's feeling comfy.



GUILT FACTOR. ZERO.

SUGAR-LIKE
TASTE
WITHOUT
ALL THE
CALORIES

Equal NEXT is a unique blend of sweetness, specially combined to create a deliciously rich sugar-like taste, without all the calories! It's the next generation of sweet. From coffees to cocktails, Equal NEXT can be used to replace sugar in your hot or cold beverages, cereals and fruits.

Equal NEXT is available in 100 sachet packs from major retailers nationwide. Each sachet (15kJ) is equivalent in sweetness to two teaspoons for sugar (140kJ).

OLD FASHIONED

Serves 2

8 dashes Angostura Bitters
2 Equal NEXT sachets
2 splashes Club soda
120 mL (4 oz) Bourbon
Ice cubes
2 orange wheels
2 Cherries

1. In an Old Fashioned glass, muddle 4 dashes of bitters, 1 Equal NEXT sachet and a splash of soda. Add 60 mL of bourbon and fill with ice. Garnish with orange and cherry.
2. Repeat this process in a second Old Fashioned glass.



For the latest product news and recipes visit us:

equal choice.com.au   



Spick & span

Eating clean means a lot more than just polishing your fork before you tuck into dinner. Here's your *EF* guide to cleaning up your act

By Allison Turner

C

lean eating: it's the smartest and simplest way to boost your health. It's also the best way to approach weight loss and increase energy levels so you can smash it at the gym or on your next 10K. Rather than boycotting whole food groups or breaking down every bite you take into swathes of tables counting macros, grams and calories, eating clean simply involves eating the freshest, healthiest, least processed tucker of your choice. It's a bit of a no-brainer really, but in this crazy kale-obsessed-carbs-are-the-devil world, it might be time for you to stop and give it some consideration, because clean eating is about as close to the dietary "magic bullet" as you could hope

for. See, unlike other contenders - think paleo, gluten-free, juice detoxing, IIFYM, etc - there are no rules, no restrictions and no disincentives that will ultimately make it unsustainable. All you have to do is enjoy foods - all foods - in their purest forms possible. You'll be more than satisfied, and you'll be feeling so awesome almost straight away, you'll never want it to end.

Scale up Wild-caught fish packs more nutrition than farm-raised fish, and fresh produce beats canned or processed



"I actually prefer the term 'real food eating,'" says Dr Joanna McMillan, nutritionist and Blackmores influencer. "Eating foods that will nourish your body.

"It's also about enjoying your food. It's not about being extreme; not about following some evangelical diet where you can never put a foot wrong. It's about really appreciating the role that food plays in your life in terms of enjoyment, but also in terms of nourishing your body so you have optimal health and wellbeing."

● IT'S NOT A FAD

While plenty of celebrity chefs and reality cooking show stars

have jumped on the clean eating bandwagon of late, it's not really a craze or trend.

In general, Dr McMillan cautions people against dietary fads. "Often people raise the bar too high," she says. "It becomes all about buying the latest superfood and following the latest diet, and NEVER eating some of what might be your favourite food. To me that's making it unattainable and unachievable for many Australians."

Clean eating goes beyond such restrictions, which is why it's so much more than a fad. It's not a list of rules. It's a lifestyle. One that many Aussies could afford to adopt.

"We have an enormous problem

*Get real
No fads, no
fancy pills or
potions - just
good, fresh
tucker*

with lifestyle-related and diet-related diseases," Dr McMillan says. "Obesity is just the tip of the iceberg - it's about what comes after. So we have to try and motivate people to eat better and live healthier lifestyles and we have to be careful not to do it in such a way that makes it achievable and unattainable.

"The bottom line is that most Australians need to eat more 'real' food and less of the very highly processed stuff. They need to be cooking more of their meals themselves so they're more in control."

(Need some inspiration for dinner this week? Turn to page 97 for 14 clean and mean recipes.)

● REAP THE BENEFITS NOW

Eating clean is about so much more than weight loss. And, as Dr McMillan points out, while eating clean can help you avoid long-term health risks like diabetes and heart disease, you can also enjoy a lot of clean eating benefits right away. And by focusing on today, your clean eating lifestyle becomes even more sustainable.

"You'll feel better today, and you'll feel better tomorrow," she says. "You'll have more energy for work and for fun at home. Your skin and hair will be improved, your eyes will look better. You'll enjoy an improved mood - your mood is intrinsically involved with the nutrient delivery to the brain as well as how you feel about yourself. It all has a knock-on effect for how you radiate health from day to day."

Of course, the long term benefits of clean eating are nothing to sneeze at, either. You'll live longer, you'll look younger for longer, and your risk of diseases like cancer and cardiovascular disease will be a lot lower than the average Joe... or Joanna.

● SO HOW DO YOU "EAT CLEAN"?

Simple. Eat more fruit and veg. Choose whole grains. Eat more seafood, lean meats and game meats, eat more poultry in place of processed red meat. Eat nuts and seeds.

"Eat fewer highly processed foods and more fresh foods," Dr McMillan says. She emphasises the words "highly processed" for a reason: "Essentially, when you cook a food for dinner it is processed. And some processed products are good - brown rice, quinoa. There are some ready-made things you can buy that make life easier - just learn to read labels so that you can understand what it is that you're buying."

When you head to the supermarket, try to fill most of your trolley with the stuff that you find around the outside

THE DOCTOR IS IN Here's a sample of an average day's meals for Dr McMillan

Breakfast

Eggs and salad (maybe leftover from night before), a slice of wholegrain toast, or homemade muesli topped with berries or yoghurt.

Lunch


Leftovers from night before or a salad with a can of tuna, or other fish or meat, a can of beans, and extra virgin olive oil with fresh herbs and lemon.

Dinner

This meal is always placed on Dr McMillan's plate model (see page 43). A stir fry with loads of veggies, lasagne, ragu or a piece of fish with a salad and sweet potato chips.

Snacks

"I have a rule - you don't snack unless you're genuinely hungry and it's more than a couple of hours to mealtime. I'll have a smoothie with veggies and a bit of fruit and nuts. Or a handful of nuts and berries."



Clean green dreams
A US study linked leafy greens to improved sleep patterns.

92

**PERCENTAGE OF
AUSSIE ADULTS
WHO DON'T EAT
ENOUGH VEGIES**

SOURCE: AUSTRALIAN INSTITUTE
OF HEALTH AND WELFARE

No surprises

Limiting processed foods
(and their hidden additives)
will keep you healthy



52

PERCENTAGE OF
AUSSIE ADULTS
WHO DON'T EAT
ENOUGH FRUIT

SOURCE: AUSTRALIAN INSTITUTE
OF HEALTH AND WELFARE

of the supermarket. That's where you're going to find your seafood and meat and fruit and veg and so on.

And in case you're wondering - yes, it is fine to eat red meat.

"It is okay to eat meat," Dr McMillan says. "You don't have to - there's a lot of evidence suggesting the benefits of a quality vegetarian diet. And eating less meat is good from an environmental and planetary perspective. But if you do eat meat, eat good quality meats - all cuts of the animal. You can buy cheaper cuts of meat which work great in stews and slow-cooked recipes, and are a great way of budgeting.

"Just remember that you need to combine your meat intake with lots of plant foods. That's where a lot of meat eaters go wrong - they're not eating enough plant foods. Half your plate should be full of vegies."

● FAT CHANCE

Still afraid of fats? If you want to eat clean you shouldn't be. There are plenty of good fats out there that can do wonders for your health.

"Fear of fats has come from the low-fat era of dieting," Dr McMillan says. "In the last few decades, we developed this fear of fat; we were being told fat was making us fat. It's really a hangover from that era."

What went wrong with the anti-fat approach is that people started eating lots of highly processed "low-fat" food products that were filled with refined carbs to replace the fat. But because they were labelled "low-fat" people thought they could eat all that they wanted. Big mistake.

Luckily, we now understand much more about the role of fats in our diet.

"Yes, fat makes food palatable, but it also delivers its own nutrients," Dr McMillan points out. "There are fat soluble nutrients and vitamins.

"Fat helps us absorb antioxidants, too. For instance, beta carotene in carrots. If you eat raw carrot you can't absorb very much of that carotene, but if you pour some extra virgin olive oil and lemon juice on there, firstly the carrots taste nicer so you'll eat more, but also you absorb that beta carotene. That's why putting a beautiful dressing on a salad is so important as it help us absorb these antioxidants."

Fats also slow down digestion. When you include some fat in a meal it slows down the food leaving your stomach, which in turn slows down digestion of macronutrients - especially carbohydrates - so it has a blunting effect on your blood glucose. The end result? You'll be more



One-stop chop
A niçoise salad is a perfect clean meal, containing protein, good carbs and healthy fats in one place

satisfied with your meal and you're not going to be hungry again an hour and a half later.

EMBRACE THE LIFESTYLE

Start eating clean today and you'll notice a boost almost immediately. You'll also rediscover the simple joys of eating a wide variety of foods without guilt, fear or shame.

"We're doing the low-fat thing these days with carbs - we're blaming carbs for everything," Dr McMillan says. "We've got a whole load of highly processed low-carb products on the

market which are again problematic. So this is what we want to teach people - it's about the quality of your food. Stop blaming the nutrients and look at the real food."

Amen to that. Real food is here to be enjoyed, savoured and celebrated. The wider the variety of foods in your diet now, the better you'll look, feel and live - now and in the future. And, when you're kicking back enjoying a beer at your 100th birthday (plus a slice of chockie cake or two), you'll be able to thank yourself. And us, of course. You're welcome. **EF**

THE DR JOANNA PLATE: HOW IT WORKS

STEP 1

Fill half your plate with non-starchy vegies and fruits.

STEP 2

Include a good serve of a protein-rich food such as seafood, meat, eggs, legumes, tofu or dairy.

STEP 3

Add a modest portion of a smart carb such as a whole grain, legume or starchy vegetable.

STEP 4

Add good fats such as those found in nuts, seeds, avocado and extra virgin olive oil.



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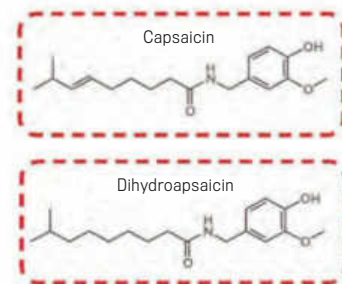
WHY DOES ASAPARAGUS MAKE YOUR WEE SMELL?

A CHEMISTRY TEACHER ANSWERS SOME
WEIRD BUT COMMON FOOD QUESTIONS

BY ANDY BRUNNING



What gives chillies their spiciness?



What a scorcher
They might be little, but they pack a hot punch

THE SCOVILLE HEAT INDEX

The Scoville heat index is a taste-based scale that measures the pungency of chilli peppers in Scoville Heat Units (SHU). Increasing concentrations are given to a panel of testers until a majority of the panel can detect the heat.



CHILLIES COME IN A HUGE NUMBER of varieties. Each variety owes its spiciness to particular compounds, present in varying degrees depending on the strength of the chilli.

All in the family

◆ A family of compounds called capsaicinoids are responsible for the heat of chilli; within this family, several different compounds are found in different varieties, but the dominant compound is one called capsaicin. Dihydrocapsaicin is another, similar, compound present in relatively high levels. The ratio of these two compounds varies from chilli to chilli, but together they account for 80–90 per cent of the overall concentration of compounds from the capsaicinoid family.

The capsaicinoids found in chillies bind to a receptor in the mucous membrane of the mouth when ingested; this is the receptor associated with heat and physical abrasion, and hence this produces a burning sensation. Despite this, the compound does not produce any physical or tissue damage. If the compound is ingested repeatedly, the receptors that it binds to can become depleted, effectively allowing you to build up a tolerance. The pain actually produces endorphins, a class of compounds that act as natural painkillers in the body, and can also impart “a sense of well-being”.

Although no chilli has a capsaicin content high enough to be harmful, capsaicin is nonetheless a toxic compound. As well as its presence in chilli, capsaicin finds a use in pepper sprays in low concentrations as its inflammatory effects

cause the eyes to close, incapacitating those it's sprayed at.

The heat is on

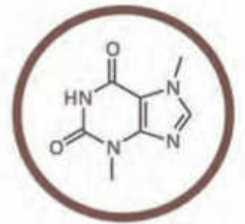
◆ The heat of chilli can be measured in a couple of ways. The first method, known as the Scoville scale, is a taste test in which a measured extract of the dried pepper is incrementally diluted with a solution of sugar and water, until the heat is no longer detectable by a panel of five testers. Obviously, this is far from being a precise method (it was devised in 1912).

The other method through which the heat of chilli is measured is the rather more precise procedure of high performance liquid chromatography (HPLC). In this analytical method, a solvent sample is forced through a column under high pressure, to achieve separation of the mixture and determine the capsaicinoid content.

Beat the burn

◆ Finally, there's the oft mooted question of how best to soothe the fire of chilli. The long hydrocarbon “tail” of the capsaicin molecule makes it insoluble in water; it is, however, readily soluble in alcohol and oil. That said, the small percentage of alcohol in beer sadly isn't enough to have much of an impact. The best bet for removing the burning sensation of too much chilli is to drink milk – this contains a class of proteins called casein, which is lipophilic and envelopes the fatty capsaicin molecules, successfully washing them away and preventing them from further stimulating the receptors in the mucus membranes.

Why is chocolate poisonous to dogs?



Theobromine



*All the more
for you!
Keep Fido away
from your secret
chocolate stash*

THEOBROMINE IS A STIMULANT

compound found in chocolate; it comes from the same family of compounds as caffeine, and its chemical structure is very similar. It also acts on the body in a similar manner to caffeine, blocking certain receptors in the brain and reducing sleepiness. All types of chocolate contain theobromine, though it is highest in dark chocolate, while white chocolate only contains minute trace amounts.

What's your poison?

◆ Theobromine is the culprit when it comes to chocolate's toxicity. In humans, the median lethal dose (the dose required to kill 50 per cent of a test population) is unknown, on account of no one ever having eaten enough chocolate in order to induce death from theobromine poisoning. Estimates for the exact figure vary significantly, but it's suggested that you'd need to eat five kilograms of milk chocolate at the very least in order to ingest anywhere near the amount of theobromine required for poisoning.

Toxic shock

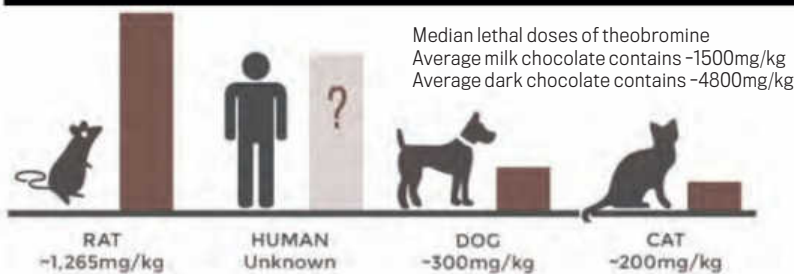
◆ If you compare this to the median lethal dose for dogs, it's easy to see why chocolate is far more toxic for canines. The figure stands at 300 milligrams of theobromine per kilogram of weight;

assuming we're talking a relatively small dog of around 10 kilograms, it'd need to consume three grams of theobromine to reach this dose, which equates to roughly two kilograms of milk chocolate. This figure still seems quite large, but dark chocolate's theobromine content can be as high as 600 milligrams per 100 grams, so the chocolate required to reach the dose drops to around 500 grams. It's also worth mentioning that the symptoms of theobromine poisoning, which include vomiting and diarrhoea, would certainly kick in well before this.

Dog gone

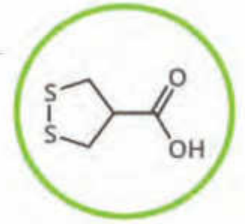
◆ You might be wondering why it is that theobromine has such a potent effect on dogs in comparison to humans. The reason behind this is that dogs metabolise, or break down, the theobromine much slower than humans. As a consequence the amount required to cause poisoning can quickly build up. Cats actually have an even lower tolerance for theobromine, but as they lack the ability to taste sweetness, they're less prone to start eating any chocolate that's left lying around.

A SWEET KILLER



IN HUMANS, THE MEDIAN LETHAL DOSE IS UNKNOWN, AS NO ONE HAS EVER EATEN ENOUGH CHOCOLATE TO INDUCE DEATH

Why does asparagus make your wee smell?

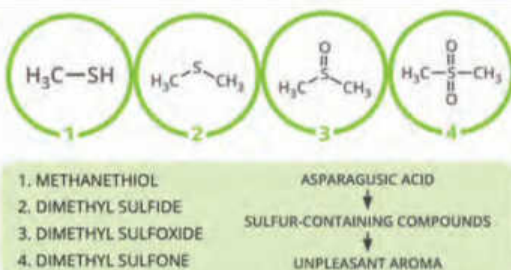


Asparagusic acid



A wee bit stinky
Don't avoid asparagus - it's a fantastic source of vitamins and minerals

ASPARAGUS ACID BREAKDOWN PRODUCTS



IF YOU'VE EVER EATEN ASPARAGUS, you may well have noticed that, a short time after ingestion, it imparts a strange, somewhat unpleasant scent to your urine. But then again, you may have noticed nothing of the sort - and there's a scientific explanation for that, too.

Compound interest

◆ The chemicals that cause the effect are all suspected to stem from just one chemical compound: asparagusic acid (which is found naturally only in asparagus - hence its name). It has been pinpointed as the probable source of several organic compounds that have been shown to affect the odour of urine.

Break it down

◆ When we eat asparagus, the asparagusic acid molecules contained therein are broken down by digestion into a number of sulfur-containing organic compounds. In studies, a technique known as gas chromatography-mass spectrometry was used to analyse the "headspace" of urine produced after consumption of asparagus. The headspace is the gas space immediately above the liquid surface, which is occupied by light, volatile compounds in the liquid, and analysis of this is useful in identifying odour-causing compounds. The analysis of the post-asparagus urine showed the presence of several compounds that were not present, or present in negligible amounts, in normal urine. The primary

compounds present, in quantities a thousand times greater than in normal urine, were methanethiol and dimethyl sulfide. The compounds dimethyl sulfoxide and dimethyl sulfone were also present, and it was suggested that they modify the aroma to give it a "sweet" edge.

Something to sniff at

◆ The human nose is very sensitive to thiol compounds - a concentration as low as a few parts per billion is enough for us to be able to detect them. To give you an idea of how bad thiol compounds can smell, they're also found in skunk spray. So, the increase in concentration of these compounds in urine after eating asparagus goes a long way towards explaining why the effect is so potent. The odour is detectable remarkably quickly after eating asparagus, within 15 to 30 minutes.

A special talent

◆ Interestingly, the ability to smell the aroma of asparagus influenced urine is not universal. Research has shown that a proportion of people are unable to detect the change in smell, with one study finding two out of 31 people were unable to detect a difference in odour after eating asparagus. It was initially thought that everyone produced the odour, but only some could smell it; however, it has since been suggested, after a range of research, that not all people exhibit the effect after eating asparagus, with another study placing the figure of people who do produce "asparagus urine" at 43 per cent.

Why can nutmeg act as a hallucinogen?



Myristicin



Don't try
this at home
Side effects of too
much nutmeg
are not so groovy

WHEN YOU THINK OF HALLUCINOGENS, you probably wouldn't expect to find one lurking, unbeknownst to you, in your kitchen spice rack. However, the hallucinogenic properties of nutmeg have been known for some time – historical records as far back as the sixteenth and seventeenth centuries comment on its narcotic effects. So, what are the chemical compounds that cause this?

What a trip

◆ Several compounds have been implicated in the hallucinogenic effect of nutmeg, the main one being myristicin, which accounts for approximately 1.3 per cent of raw nutmeg. It has been suggested in research that the effects of nutmeg could be due to the breakdown of myristicin in the liver into MMDA, a drug of the amphetamine class and known psychedelic.

However, while this transformation has been observed in the livers of rats, there has been no evidence of such a transformation occurring in humans.

The nutmeg effect

◆ Interestingly, when a significant amount of pure myristicin was given to a group of subjects (twice the amount present in 20 grams of nutmeg), while six out of 10 showed some effects, they were much milder than expected in comparison to the effects of nutmeg. This suggests that the presence of other compounds in nutmeg must also be important in inducing the full "nutmeg effect". Compounds that are suspected

of contributing to the effect are elemicin and safrole.

Not so tasty

◆ Before you reach for an experimental spoonful of nutmeg, it's worth noting the effects it can induce. One to two milligrams of nutmeg per kilogram of body weight can induce effects in the central nervous system (myristicin inhibits nerve impulses responsible for involuntary movement of muscles in certain systems in the body, such as the gastrointestinal tract and lungs), and anecdotal records state a tablespoon is enough to bring on other effects including nausea, vomiting, flushing, elevated heart rate, euphoria, hallucinations and a dry mouth; on the face of it, not a particularly cheery band of side effects.

Keep it in the kitchen

◆ It doesn't really get much better – as well as some of the effects being less than pleasant, they can last for several days, with some reporting symptoms such as vision, balance and concentration problems lasting for over a week. In all, it's probably best that the nutmeg stays confined to your kitchen spice rack. **EF**

WHAT A TRIP

1 TABLESPOON

is enough to induce unpleasant symptoms



Nausea



Hallucinations



Raises heart rate

Other reported effects of nutmeg ingestions include vomiting, euphoria, flushing and dry mouth.



This is an edited extract from *Why Does Asparagus Make Your Wee Smell?* by Andy Brunning (\$29.99, Hachette Australia).



The secret to finally uncaging
your abs is eating for the body you
want, not the one you have

{ By ADAM BIBLE }

Eat to get ripped



Do you want to be a ripped bloke with abs for all seasons? The answer is a matter of priorities and discipline. Think about it: are you willing to cook your own food instead of eating pre-made meals or buying takeaway? Count your macros and measure your food portions? Eat salad while the rest of your mates are eating pizza? Even give up foods you didn't think were especially bad for you, such as bread, cheese and milk? Commit yourself to getting more sleep than a normal man? If you answered yes to all those questions, you may have the dedication needed to get ripped.

If not, no worries – you can still be strong, healthy and lean, a bloke who's always energised and resistant to disease but won't appear in a firemen's calendar anytime soon. And no-one says you have to. But if ripped is your goal, we've got the goods. You'll achieve a lean physique faster with this approach than with any other you've tried so far.



START BY UNDERSTANDING THAT THE DIFFERENCE BETWEEN RIPPED EATING AND eating for general health and normal weight lies not just in the kinds of foods you eat – whole foods reign, no matter what – but, more importantly, also in their quantities. And that's determined by how you want to look, not how you look now. The ripped man needs to track calories and macronutrients to make sure his body gets the right proportions of nutrients to grow muscle and reduce body fat. Step 1: choose your goal weight. Say you're 110kg but looked your best at 80kg; set your calories and macros for how an 80kg guy would eat. (Or, if you've never been lean, estimate the weight at which you'll look your best.) Next, according to the *Eat Fit* Food Pyramid – compiled with help from such experts as nutrition consultant Dr Chris Mohr and bodybuilding coach John Meadows – figure out your calorie needs by multiplying your goal body weight by 25. So a bloke who wants to be a ripped 80kg can start eating 2000 calories (round up the number) a day. Now determine how those calories break down into grams of protein, carbs and fat. Because getting ripped demands resistance training, and lifters need more protein than regular folks to repair muscle, set your daily protein intake at 2.2 grams per kilo of body weight. You need carbs to provide energy for workouts and recover from training, so again, 2.2 grams per kilo is good. As for fat, keep it low to keep calories under control (one gram of fat has more than twice the calories of a gram of protein or carbs) but not so low that you negatively impact hormones like testosterone: start with one gram per kilo per day. So for our 110kg man who wants to be 80kg, his macros are 180g protein, 180g carbs and 80g fat. Now read on for a list of foods to satisfy these numbers and a meal plan that puts it all together.

What a ripped bloke eats

The ground rules – no excuses (period)

- Let your protein come from animal sources, as they contain all the essential amino acids.
- Most of your fat intake should come as a by-product of protein foods. (Beef and eggs, for example, contain copious amounts of fat as well as protein.)
- Get your carbs mainly from slow-digesting starchy foods such as sweet potatoes and rice. Limit your fruit to two servings per day.
- There's no restriction on green vegetables. Because they're low in calories, they're not counted towards your carb allowance.
- Have fruit and a protein shake after training.

Approved shopping list

Protein*

- Lean beef mince
- Kangaroo
- Fish
- Flank, sirloin or round beef, trimmed of fat
- Greek yoghurt
- Pork tenderloin
- Prawns
- Skinless chicken breast
- Turkey breast
- Whole eggs

*A palm-size serving of most meat has about 25g of protein, but check food labels whenever possible.

Carbs*

- Apples
- Bananas
- Beetroots
- Berries
- Oats
- Oranges
- Pears
- Potatoes
- Rice
- Sweet potatoes
- Whole grains

(such as quinoa, farro, millet and spelt)

*A fist-size portion of rice or potatoes has about 40g of carbs.

Vegetables

- Broccoli
- Brussels sprouts
- Cauliflower
- Kale
- Mixed greens
- Red capsicums
- Spinach
- Squash
- Zucchini

Fats*

- Avocados
- Coconut oil (virgin)
- Nuts
- Olive oil (extra virgin)
- Seeds

*A tablespoon of oil has about 15g of fat.

Don't hate your food: condiments, spices and sauces for ripped blokes

Choose these taste boosters to up the flavour and palatability of your new, ripped diet without adding calories or much fat.

Condiments

- Apple cider vinegar
- Balsamic vinegar
- Herbs
- Hot sauce
- Spices

seasoning or Chinese five-spice powder for roasted proteins or vegetables

- Fresh coriander for vegetable-based entrées

Spices

- Fresh or powdered garlic and/or onion for proteins
- Minced capsicums or chilli for powder proteins or salads
- Cumin or cayenne pepper for proteins
- Cinnamon on morning meals such as oatmeal
- Cinnamon, nutmeg or cloves in protein shakes
- Za'atar, herbes de Provence, Italian seasoning, Creole

Sauces

- Hot sauces (Tabasco, sriracha) and pastes (sambal oelek)
- Lemon juice
- Balsamic vinegar
- Fresh salsas with little/no added sugar
- Low-sodium soy sauce

What a ripped bloke doesn't eat

Get these items off your plate – right now.

Canned or dried fruit and fruit juice

Canned fruit contains sugar and lacks the fibre of whole fruit. Dried fruit isn't as filling and is therefore easy to overeat. Juice is primarily sugar water.

Beans The protein in them is usually incomplete, so it's an inferior source to animal foods. Beans can also cause indigestion.

Bread Even if it's made with whole grains, bread is a processed food and risks throwing off your macro count.

Milk Dairy in any form can cause digestive trouble and should be limited, as should all calorie-containing drinks.



What a ripped bloke orders at a restaurant

Follow these choices to stay lean and mean when you go out to eat. Avoid anything fried, sautéed or filled with refined carbs.

- **Italian restaurant:** grilled chicken or fish with grilled vegies.
- **Mexican cantina:** taco salad, but hold the cheese, guac and sour cream.
- **Pizzeria:** order a salad with a lean protein such as chicken or steak.
- **Burger joint:** go bunless and order a lettuce wrap. If they don't have lean beef, order chicken instead of a greasy burger.
- **Sushi place:** ginger salad and sashimi. Avoid rolls – they're calorie bombs.
- **Deli:** hard-boiled eggs, chicken, vegies.



Macros (alone) don't make it OK

The fact is, getting a ripped physique requires basing the diet on highly nutritious foods that aren't always the easiest to find and prepare quickly. Craving convenience as well as the freedom to indulge has led some ab-seekers to follow an IIFYM – “If It Fits Your Macros” – approach, in which virtually any food is consumed and counted towards the macro allowance for the day. As long as the overall numbers and ratios are maintained, it is believed, fat loss will still occur. We beg to differ.

“Many bodybuilders, bikini divas, fitness models and 20-somethings follow this approach with great success,” says Nate Miyaki, a former bodybuilder and the author of *The Truth About Carbs*. “But if you care about the long-term metabolic, hormonal, digestive, mental and overall health aspects of a diet, I believe good food choices are most important.” Your body's sensitivity to insulin, its cellular integrity and your digestive health can all degrade with an IIFYM approach, so if you want to see your abs and keep them long-term, have the discipline to eat healthy most of the time. Furthermore, “it's virtually impossible to stay in the relative calorie deficit necessary for fat loss, at least for any meaningful length of time, if you're making poor food choices,” Miyaki says. “You can't cut calories while eating crap and expect to stay the course.” However, this isn't to say you can't cheat once in a while. Having one meal per week when you eat whatever you want, and lots of it, won't slow your fat loss.



Double-duty Remember that eggs count as both protein and fat, so don't go overboard on them

How a ripped bloke works out

- Plan to weight train three to four times per week for an hour or so per session. You can follow a total-body or upper-lower plan.
- Focus on compound movements – exercises that work multiple muscles at once, such as presses, rows, squats and deadlifts.
- Perform three to five sets per exercise and keep your reps between eight and 12. There are a million approaches that build muscle, but this configuration never fails.
- Perform high-intensity interval training (HIIT) or steady-state cardio three to five days per week.
- For HIIT, perform any highly intense activity – sprinting, rope jumping, etc – as hard as you can for up to 10 seconds. Then rest or perform light activity until you feel ready to go hard again. Repeat for up to 20 minutes.
- For steady-state cardio, work at a moderate intensity for 30 to 60 minutes.

What else a ripped bloke takes care of

■ How you eat and exercise aren't the only factors in getting lean. Your whole lifestyle needs to change.

SLEEP You need about seven to nine hours of quality sleep. When we snooze, our energy consumption goes down, permitting our bodies to use those high-quality macros we've been eating all day to build muscle. If you have trouble sleeping, start a routine of lowering lights, turning off electronics and winding down an hour before you go to bed.

WATER When exercising strenuously, you lose lots of water through sweating and your body needs hydration to keep all your systems running smoothly, including those that support muscle building. Aim to drink 250ml when you wake up and around 600ml two to three hours before exercising, with another 300ml 15 minutes before the workout. While doing your routine, drink about 300ml every 15 minutes to stay hydrated. If you feel more fatigued than usual during your workout, you didn't drink enough.

Ripped-bloke sample meal plan

BREAKFAST

- Omelette with vegetables cooked with cooking spray, seasoned with salt and pepper or hot sauce
- Black coffee

LUNCH

- Grilled tuna, seasoned with lemon juice, salt and pepper
- Sweet potatoes or regular potatoes, baked or boiled
- Baked Brussels sprouts tossed with oil and vinegar

DINNER

- Grilled chicken breast, seasoned or grilled sirloin steak
- Asparagus (or any green vegetable), steamed
- Rice, seasoned with salt and pepper or hot sauce

DESSERT

- Two scoops chocolate protein powder mixed with water to make pudding


Why the ripped bloke stays chill

Stress does a number on your body, and it's not just high blood pressure you need to worry about. Stress leads your body to produce a number of hormones, including cortisol. When your cortisol levels are too high for too long, it can increase the amount of fat stored around your belly. But it's not just cortisol that you have to worry about when you're being Mr Stress Head – researchers from the University of Florida Health in the US have found that chronic stress stimulates production of betatrophin, a protein that then goes on to inhibit an enzyme involved in fat metabolism. This basically means it reduces your body's ability to break down fat. If you're struggling with stress at work or elsewhere, take some time to chill out. Yoga and meditation are both highly effective, but if this is too New-Agey for you, try deep breathing, taking a long walk somewhere scenic or beating the crap out of a punching bag.



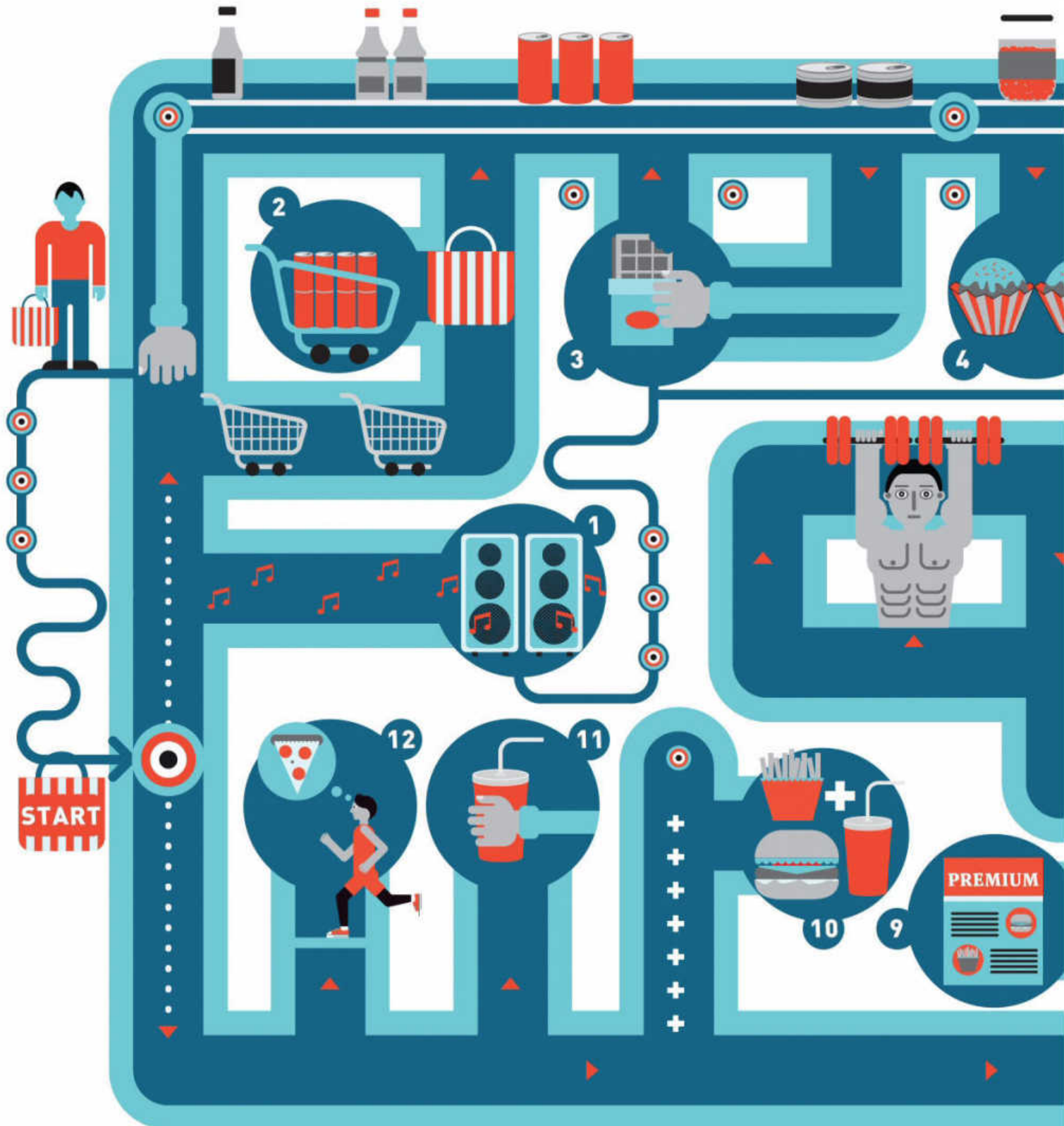
What the ripped bloke drinks (booze-wise)

Do you need to be a teetotaler to get ripped? Well, yes, if you're truly dedicated to getting diced: "Every frickin' calorie counts," Miyaki says. "Since alcohol contains seven calories per gram, drinking would either take you above your calorie limit or take calories away from the energy nutrients that serve a functional purpose."

Ideally, if you really want to get ripped, you need to cut out alcohol entirely. But you can make allowances by keeping the sweet nectar to your once-a-week cheat night. Don't drink more than one to two times a week, and keep it to one drink per night. Clear alcohols — such as gin and vodka, which are lower in calories than beer and sugary mixers — are the best choices. 

Escape the

The world is trying to make you fat. Here are 12 ways to protect yourself and avoid the



FAT maze

tricks that supermarkets, marketing experts and restaurants use to derail your healthy eating



1 TUNE OUT

Many supermarkets play music with a rhythm that's slower than the average heartbeat, and - according to a study published in the *Journal Of Marketing* - that makes you spend longer in the store and spend up to 30 per cent more on food you don't necessarily need. The solution? A set of earphones and some heart-pumping music to get you moving.



2 BULK-BUY WITH CARE

"If you switch from buying a six-pack of fizzy drinks every week to a 12-pack in an attempt to save money, you'll probably start drinking 12 cans a week," says nutritionist Dr Lisa Young, author of *The Portion Teller Plan*. "Not only are you not saving money, you're also overeating and drinking. If you're bulk-buying, stick to household goods like toilet roll or bland foodstuffs like tinned vegetables and avoid anything you'll be tempted to binge on."



3 REMOVE TEMPTATION

Supermarkets will deliberately try to seduce you into making unhealthy impulse buys with strategically placed promotions at the end of aisles and confectionary-packed "golden zones" next to tills. Avoid temptation by shopping online. A consumer study by eDigital Research found that 29 per cent of shoppers made impulse buys in store, compared with just seven per cent on the web.



4 BUY BORING FOODS FIRST

"Supermarkets deliberately position bright-coloured fruit and vegetables near the front of the store

to put you in a good mood and make you more likely to spend money," says Phil Lempert, editor of *supermarketguru.com*. "They also have pleasant-smelling flowers and baked goods near the entrance to activate your salivary glands, which makes you more likely to deviate from your shopping list." To avoid this trap, head straight to the "boring" aisles stocked with canned goods, and visit the front of the store last. By this point, you'll be keen to leave and less easily distracted - plus putting fresh fruit and veg in your trolley last means it'll be less likely to get squashed by the rest of your shopping.



5 CHECK FOR SUSPECT PORTION SIZES

The portion size listed on product packaging is important because manufacturers can decide what they

consider to be a single serving of their product. This can be used to manipulate food labelling to make a product seem healthier than it is. For example, the nutrition information on a packet of chips may be based on a 27g serving, but the brand's "single serve" may be 45g, with 15.7g of that being fat; one-fifth of an average adult's recommended daily intake, or RDI.

6 AVOID "LOW-FAT" FOODS



"Most so-called 'low-fat' foods have been highly processed to remove the fat and are often packed with salt and sugar to compensate for and enhance the flavour,"

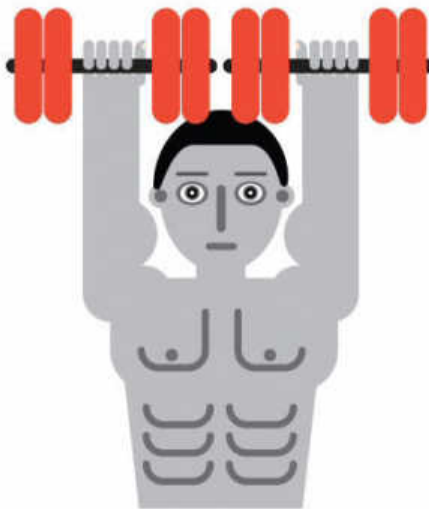
says nutritionist and sports scientist Laurent Bannock. Most types of fat - especially heart-healthy polyunsaturated and monounsaturated fats - are good for you, and will help rather than hinder fat loss like sugar does.

7 KNOW WHAT'S REALLY IN YOUR FOOD



Most people realise that if a food has high quantities of sugar on its ingredients label, it probably isn't going to help with fat loss. Unfortunately, food

manufacturers increasingly get around this by sneakily adding smaller doses of lots of different types of sugar, or equally bad sugar substitutes, with names that the average consumer won't recognise.



Questionable ingredients to look out for include dextrose, corn syrup solids and sucrose, all of which are used in place of regular sugar. A similar problem occurs with MSG - a food additive that causes fat-storing blood sugar spikes and increases your appetite - which can be listed as glutamate, yeast extract or hydrolysed protein.



8 USE IF-THEN ACTION PLANS

Research from New York University, US, suggests that forming an if-then plan - "if X happens, I will do Y" - can

significantly improve your ability to avoid temptation. Examples could include: "If I have to eat when I'm on the go, I'll get healthier food from Subway rather than KFC," or "If there's no option but to go to McDonald's, I'll get a coffee or mineral water with my meal rather than a fizzy drink." With prepared strategies in place, you're far less likely to fall off the wagon completely when presented with difficult food choices.



9 BE AWARE THAT YOU'RE A TARGET

"Our minds are constantly processing information such as colour, lighting,

smells and words on signs," says psychologist William Poundstone, author of *Rock Breaks Scissors: A Practical Guide To Outguessing And Outwitting Almost Anyone*. "Studies have shown that these factors affect our decision-making process without us being aware of it. Fast-food restaurants are manipulative places that use these factors to entice you in and convince you to order as much as

possible. Examples include the use of the colour red because it activates your hunger and grabs your attention, and the use of words such as 'premium' on menus, which affect your decision-making. Simply being aware of these methods makes it easier to counteract and ignore them."



10 AVOID COMBO MEALS

"Combo meals give you an incentive to order something extra," says Poundstone. "It costs 50 cents

more to get fries with your burger and drink, so you might as well - you're practically throwing money away if you don't order them. But this is only because restaurants deliberately inflate the prices of à la carte items to make the combo meals seem like a bargain. So if you just want a burger, order that and avoid the extra calories, sugar and salt that come with the optional extras."



11 ALWAYS CHOOSE A SMALL DRINK


"Most fast-food or coffee-shop chains will offer three sizes for all

their beverages, often with enigmatic names to mislead you about their sizes," says Poundstone. "In this situation, most people will instinctively favour the middle option because it seems the safest, which is known as 'extremeness aversion' or the 'rule of three'. Restaurants use this for 'upselling', by making sure that the middle option is moderately bigger (and more expensive) than the average customer would otherwise order." If you're trying to stay trim, always choose the smallest of the options on offer. It's highly unlikely that you'll be left wanting more, and your waistline and wallet will thank you for it.



12 MAKE A STAND

"Research has shown that if you can resist a strong attempt to persuade you to think or act differently than usual, it will strengthen and reinforce your original attitude,


and make you less likely to be persuaded in the future," says psychologist Dr Laura Edwards. So next time you're tempted by fast food, make a conscious point of avoiding it. It'll be easier to resist on subsequent occasions and your healthy eating beliefs will be strengthened. 

THE *PERFECT* COOKING COMPANION



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25 WAYS TO TAKE CONTROL OF YOUR FAT LOSS



Determined to lose that stubborn fat? The tools you need are available to you right now. Turn the page to get inspired – and get lean.

By Matt Huckle, Nick Hutchings & Ben Ince

BEST DIETS FOR FAT LOSS

Try these eating plans to ditch body fat without losing muscle, energy or the will to live



PRIMAL

● As the name suggests, the Primal movement takes its culinary cues from the diet enjoyed by our caveman ancestors, focusing on meat and vegies and omitting grains, legumes and processed foods. But unlike strict Paleo, Primal dieters are encouraged to consume small quantities of dairy – provided it's high-fat, organic and from grass-fed animals. This makes the diet more flexible and allows a greater variety of choices. By removing processed foods, it also dramatically reduces sugar intake and completely cuts out man-made trans fats, two things most likely to spike blood-sugar and cause the body to store fat.

Another key aspect of Primal is its stance on carbs. Unlike Paleo – which doesn't provide any guidelines for macro intake – Primal strictly rations carbs, ensuring you consume just enough to train and recover properly, which helps to maintain steady

blood-sugar levels and prevent increases in body fat. Your food intake comes mostly from protein sources such as meat, fish and eggs – which preserves muscle while you're losing weight – served with low-starch green vegies like broccoli and kale. Primal also attempts to address lifestyle issues that can lead to weight gain, including lack of sleep and raised stress, which increases fat storage by raising levels of the hormone cortisol.

DON'T BE A DICKHEAD The worst fat-loss diet

Steer clear of any diet that focuses on one food source – such as the cabbage soup or grapefruit diet – because you need variety to get a decent range of nutrients.

FAST & FEED 16/8 diet

● A twist on the intermittent fasting format. Instead of spending entire days without food, 16/8 prescribes an overnight fast of 16 hours, with an eating window of eight hours to fit in three main meals. A straight-forward option – if you don't mind eating big during that daytime period.



SMART BUT STRICT Anabolic diet

● This low-carb diet is designed to encourage your body to use fat as its main fuel source to keep you lean. Unlike its predecessor ketogenic, the anabolic diet – after an initial two-week no-carb adaptation phase – allows carb refuel days on weekends to help you train. It's effective, but it does require strict discipline.



TARGET PRACTICE If it fits your macros

● The attraction of IIFYM is that provided you hit daily targets for macronutrients – carbs, protein and fat – you can eat what you like. Keeping track of the numbers requires discipline, and it's tempting to binge on junk food, but IIFYM is an excellent plan for burning fat.



AGAINST THE GRAIN Gluten free

● Some go gluten-free to reduce unwanted digestive side-effects they believe are brought on by grains such as wheat, barley and oats – but the gluten-free diet has also proven to be good for fat loss. Most processed carbs and sugars contain grains, so by cutting them out, you're avoiding two nasty causes of fat storage. The lack of bloating and wind is an added bonus.



A top-down view of a fresh salad on a dark, textured surface. The salad consists of bright green arugula leaves, thick slices of red tomatoes, several stalks of green asparagus, and chunks of ripe avocado with yellow-green flesh. The ingredients are scattered and layered, creating a colorful and appetizing composition. A dark green circular callout box is positioned on the right side of the image, containing white text.

FAT LOSS MYTH BUSTER

Eating the healthy fats in nuts, avocados and oils won't make you fat (even the saturated fat in meat and dairy is all right in moderation). If you want to lose weight, avoid processed carbs and sugars instead.



FAT LOSS MYTH BUSTER

Forget lifting lighter weights for high reps. Stick with a weight that's challenging you to complete at least four, but no more than 15, reps. This will add more muscle which aids with weight loss.

BEST KIT FOR FAT LOSS

Forget the abminiser – this is the kit you really need to reveal your six-pack.

SKIERG

● You probably won't have seen a SkiErg before, but this device – which admittedly looks like a wonderfully appointed torture rack – will start popping up in gyms everywhere over the next couple of years. The reason? The SkiErg – made by Concept2, the company responsible for creating the market-leading indoor rower – is one of the best weapons you can have in your fat-loss arsenal.

When using the SkiErg you mimic the movements made during cross-country skiing, which triggers the specific strength and metabolic effects of the sport. This means there's plenty of bang for your buck when it comes to improving your fitness and shedding body fat.

And that claim is backed up by data – according to a 2014 study by the Centre for Health and Sciences, a 92kg man can burn up to 1303 calories an hour

through cross-country skiing, so mimicking it in the gym offers an excellent means of getting lean.

As well as very low body fat, cross-country skiers have the highest VO2 maxes of any athletes. This indicates the amount of oxygen your body can use when working at a high intensity. Having a high VO2 max doesn't just mean you have an impressive work capacity, it also means you're likely to live longer.

SCALE DOWN

The worst fat-loss kit

Bio-impedance fat-loss scales. These measure the flow of an electrical current to estimate body fat, but can be inaccurate. If you want to know how much body fat you have, a DEXA scan is the gold standard.



RING IN THE CHANGES

Kettlebells

● Kettlebells allow you to pull off a huge number of moves, so you can move seamlessly between exercises in high-intensity circuits. The heavier ones often aren't used in gyms, so getting your hands on them is easy. Here's a workout to try: 30 seconds of kettlebell swings, double shoulder presses, goblet squats, cleans and renegade rows, then rest for one minute. Do four rounds.



GENTLY DOWN THE STREAM

Rower

● The rower works the whole body. The more muscles you use, the more calories you burn. Studies show interval workouts with work periods of around a minute have more fat-burning potential than shorter ones, so for a great session, row at max capacity for one minute, rest for 30 secs and repeat. To get through four reps is good, six great and 10 monstrous.



SWING KING

Olympic rings

● The Olympic rings are excellent for strength-building and fat loss thanks to their versatility. They also force you to use your core and stabiliser muscles as they're not a solid structure, like a pull-up bar. Here's a workout to try: ring dip, ring push-up, inverted row, ring chin-up, hanging knee to elbow. Do each move for 30 seconds, then rest for 30 seconds.



BASIC TRAINING

Barbell

● Top personal trainer David Arnot uses them with every client who wants to torch calories. Try his fat-loss workout: five rounds of 10 deadlifts, five bent-over rows, five power cleans, five front squats, five push presses and five back squats. Rest as little as possible between moves and for 60 seconds between rounds.



BEST FOODS FOR FAT LOSS

If you don't eat right, all that training is for nothing. Try these tasty meals that'll help you achieve your goals...



● Ditch sugar-loaded cereal for brekkie and opt for *EF*-enhanced eggs Florentine, with plenty of protein to fill you up and help you avoid the urge to snack mid-morning. We've even added a healthier home-made hollandaise sauce that replaces butter with yoghurt.

Ingredients (serves 1)

1 large egg / pinch of salt /
4 tbsp white wine vinegar /
2 tbsp Greek yoghurt / 1 tsp lemon
juice / 1 tsp Dijon mustard /
pinch of cumin / pinch of paprika
/ pinch of chilli flakes /
handful of spinach / 1 tbsp
rapeseed oil / pinch of cayenne
pepper / 1 tsp fresh chives, diced /
1 wholemeal muffin (optional)

To make

- Bring a pan of water to boil, add salt and white wine vinegar.
- Crack the egg into the pan and let it simmer for three minutes.
- While the egg is cooking, mix the Greek yoghurt, lemon juice, mustard, cumin, paprika and chilli flakes in a bowl, then warm up the mixture in a pan over a low heat.

- Meanwhile, cook the spinach in a pan with the rapeseed oil for two minutes on a low heat.
- Remove the egg from the pan with a slotted spoon and serve with the spinach and sauce, either on the muffin or by itself for optimum fat-loss results.

SMALLER HEAD

The worst fat-loss meal

Super-sized burgers, schnitzels, milkshakes and soft drinks might seem like a bargain, but they're no friend to that belly you're trying to flatten.



FEEL THE BURN

Chickpea & zucchini curry

● Chickpeas are a good source of muscle-building protein – and having more muscle tissue helps you burn body fat – as well as filling fibre, which reduces the temptation to snack. Zucchini is also contain fibre and manganese, which aids testosterone production for more muscle growth. Chilli peppers contain capsaicin, which aids fat loss by raising your metabolism.



FISHING FOR FAT LOSS

Tuna satay skewers

● Tuna is high in protein but also in omega-3 fatty acids, which stimulate the production of leptin, a hormone that promotes a feeling of fullness. Peanuts are rich in unsaturated fats and although it may seem counterintuitive to eat fat when trying to lose fat, this is the kind that encourages your body to burn calories.



SPICE UP YOUR SALAD

Chicken, mango and chilli salad

● The capsaicin in chilli can raise your metabolism and keep it burning fat for up to three hours after you've eaten. Mango contains filling fibre, and if you leave the skin on you'll also benefit from phytochemicals that have been shown to inhibit the development of fat cells in the body.



SOUP FOR YOU

Broccoli and stilton soup


● Broccoli is high in chromium, which the body needs to build muscle, reduce body fat and produce energy. Garlic contains a compound called allicin, which is thought to prevent weight gain. Stilton [blue vein cheese], like all dairy foods, contains calcium, which can boost your body's fat-burning capacity.





FAT LOSS MYTH BUSTER

Think low-fat foods mean lower body fat? Reduced-fat options tend to be pumped full of sugar to improve the flavour, which is worse for your waistline – even if they contain fewer calories.

A man with a beard and short hair is running on a red running track at night. He is wearing a bright blue hooded jacket, black athletic shorts, and red running shoes. He is looking directly at the camera with a serious expression. The track has white lane markings, and the background is dark with some trees visible.

FAT LOSS MYTH BUSTER

You can't "spot reduce", or choose which areas to lose fat from. How your body burns its fat stores is decided by your genes. And exercises like crunches are not going to spot-reduce either.

FAT LOSS MYTH BUSTER

Jogging for hours to lose weight? Stop. Steady-state cardio burns muscle for fuel and can increase levels of the fat-promoting stress hormone cortisol.

BEST TRAINING PLANS FOR FAT LOSS

You don't have to train hard so much as train smart to cast off that jelly jiggle around your middle

INTERVAL WEIGHT TRAINING

● What could be better than a workout that torches a huge amount of blubber in a single session? One that packs on muscle. That's what interval weight training (IWT) can do.

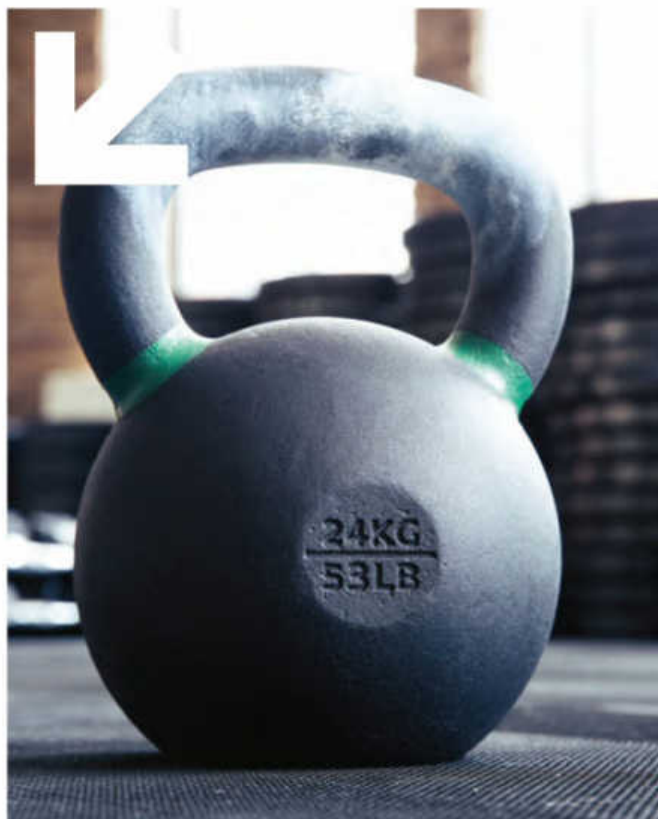
"IWT combines athletic lifts and free aerobic exercise," says strength and conditioning coach Steve Kowalenko. So pair high-octane strength moves with bursts of cardio. "When doing strength moves, go with the weights and volume that build muscle – say 70 per cent of your one-rep max for a move and 10 reps," says Kowalenko. "During cardio sections you'll work at around 95 per cent of your max heart rate for one to two minutes so you boost your body's ability to make explosive movements over a protracted period. This will improve your ability to go hard."

The high-intensity nature of the workout also burns loads of fat. "You're working at max capacity

so you power through reps as fast as you can without breaking form, then hammer through the cardio," says Kowalenko. "This places a huge demand on the respiratory, cardiovascular and nervous systems, so more fat and glycogen is burnt to meet energy demands. And because your body needs to process more oxygen in the hours after you've finished to help muscles recover, you'll keep burning calories long after the session has finished."

DEFINITION OF INSANITY? The worst fat-loss plan

Doing the same old thing every day and never changing up your routine will see you plateau faster than a face-planting drunk at the races. Your body quickly adapts, so you'll stop seeing results, both in calorie-burning and muscle gain.



BODY OF WORK FL4

● Fat Loss 4 is a workout protocol where you do four moves back-to-back in a five-minute circuit. You do an upper- and a lower-body compound move and a core move, each for 30 secs followed by a 15-sec rest, then 1 min 45 sec high-intensity cardio followed by 1 min rest. This works your entire body. Try four rounds of pull-ups, squats, Russian twists and a row.



GO HARD OR GO HOME AMRAP

● As Many Reps or Rounds As Possible. Basically go as hard as you can for the prescribed period with as little rest as possible. This creates a massive energy demand, which torches calories. Here's an AMRAP from top PT David Arnot to start with: four rounds of two minutes of 10 kettlebell swings and six burpees. Rest for one minute between rounds.



BEAT THE CLOCK Metcon

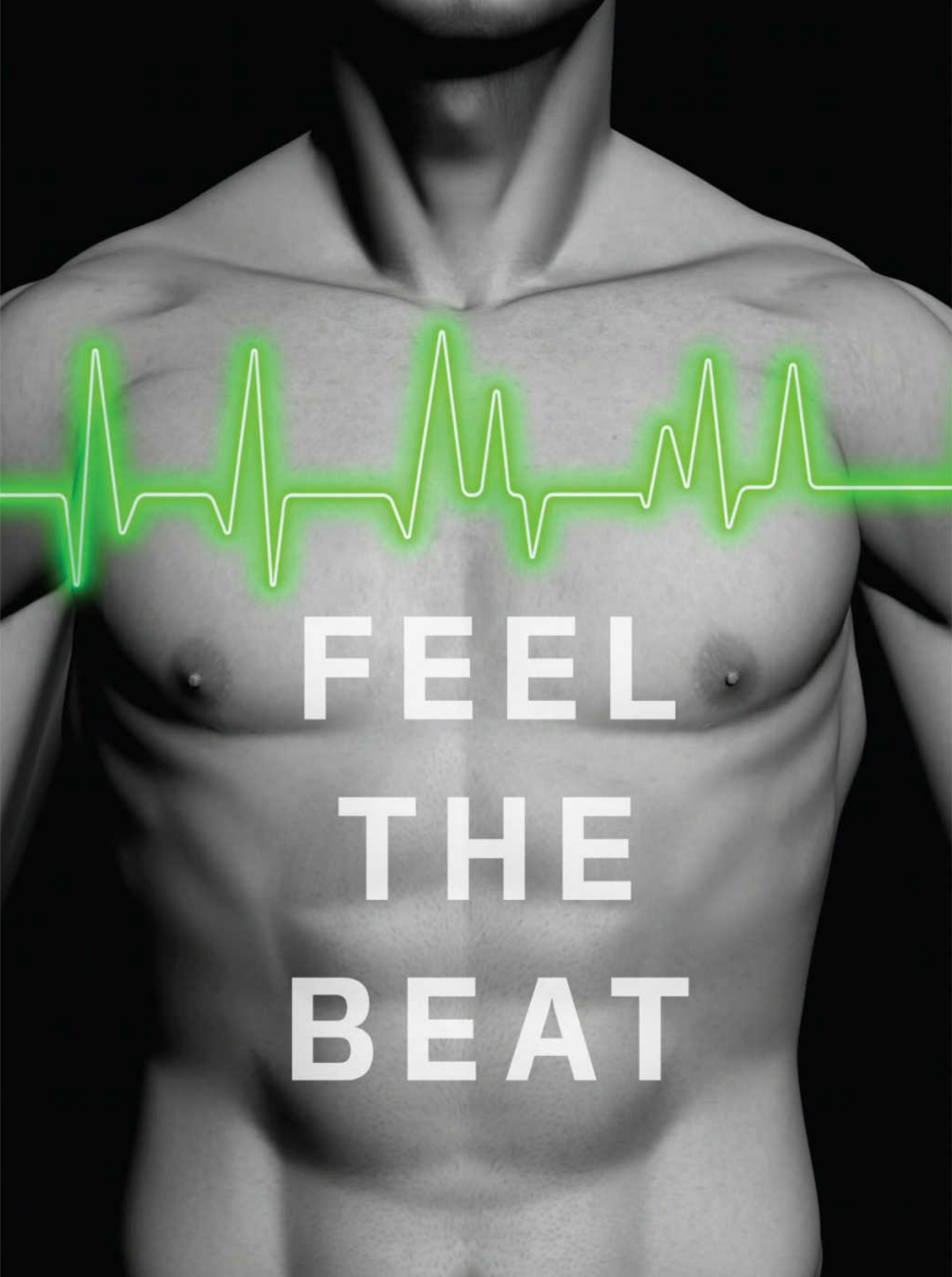
● Short for metabolic conditioning, this super-high-intensity style uses any number of exercises repeated multiple times, often against the clock. With metcons you disturb your metabolism enough that it takes a long time to return to baseline. Do three rounds of 250m row, 20 burpee reverse tuck jumps, 15 pull-ups and 10 kettlebell snatches for time.



FAST AND FURIOUS Tabatas

● These four-minute interval workouts comprise eight rounds of 20 secs of work separated by 10-sec rests. You can do them with almost any explosive move. Not only does it increase fat burning, it's great for building mental strength, because getting through Tabatas is a challenge. Try it with maximum-intensity rowing. [EAT](#)





**FEEL
THE
BEAT**



HAVE A HEART? LOOK AFTER IT NOW, AND AVOID THE CONSEQUENCES LATER.
HERE'S YOUR *EF* GUIDE TO EATING YOUR WAY TO A HEALTHIER TICKER

{ By ALISON TURNER }

Cardiovascular disease (CVD) remains one of Australia's biggest health problems - killing one Aussie every 12 minutes. While you're young and healthy your heart is probably the last thing on your mind, but since risk factors of CVD are all tied to what you eat, it should never be too early to start eating a heart-healthy diet. Here are our top tips to keep you pumping on all cylinders.

like fruit, vegies, wholegrains, nuts, seeds and meat, fish and poultry," Thomas says.

You should also try to avoid or cut down on what Thomas calls "discretionary" foods and drinks - namely sweet biscuits, cakes, desserts and pastries; processed meats; ice cream and other ice confections; lollies and chocolate; savoury pastries and pies; fast food burgers like Maccas and KFC; deep-fried foods; potato chips and other fatty and/or salty snack foods; cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks and cordials, sports and energy drinks and alcoholic drinks. Damn...

● EAT YOUR HEART OUT

"What you eat can have a dramatic effect on your heart health," says Beth Thomas, National Policy Advisor for the National Heart Foundation. "Eating foods that are high in salt increases your risk of developing high blood pressure, and foods high in saturated and trans fat can increase your amount of bad cholesterol. Consuming too much energy in your diet can also lead to overweight and obesity, which are risk factors for heart disease."

But, as Thomas points out, by eating a nutritious and healthy diet that contains plenty of fruits and vegetables, whole grains, lean meats, poultry, nuts and seeds, reduced fat milk, cheese and yoghurts and healthier oils, you can reduce your risk of developing heart disease. Easy.

● BUT I'M NOT FAT!

So you're a string bean who has to run around in the shower to get wet - that means you don't have to worry about the ol' CVD, right? Wrongsky.

"It's important to understand that heart disease is not caused by a single risk factor, such as being overweight,"

Thomas says. "But the more risk factors you have, the bigger your risk is of a heart attack or stroke. The risk factors for heart disease include high blood pressure, high blood cholesterol, overweight and obesity, physical inactivity, smoking, eating an unhealthy diet, family history and age."

Some risk factors for heart disease are "silent", which means the first time you might know you have them is when you keel over with a heart attack. Not really ideal. So if you have a family history, or if you're over 45, you should see your doc for a heart health check now.

● THE WORST FOODS FOR HEART HEALTH

Saturated and trans fat such as those found in processed meats, packaged cakes and biscuits, fried take-away foods and full fat dairy products are fats that increase your LDL cholesterol - AKA "bad" cholesterol - which contributes to the build-up of fatty material, or plaque, on the inside of your blood vessels, which is a major cause of heart disease.

You should also cut down on salt. "One of the best ways to avoid salt is to make sure the majority of your diet consists of foods

● SALT OF THE EARTH

Eating too much salt over time can increase your risk of high blood pressure, a risk factor for heart disease. "Alarmingly, about 75 per cent of the salt we eat is hidden in everyday foods such as bread, breakfast cereals, processed meats, cheese and sauces, and we may not even know that we are consuming it," Thomas says.

"Currently, Australians are consuming over and above the maximum daily amount of salt (6 grams per day for adults or 4 grams if you have high blood pressure) just from the foods we buy, let alone the salt we also add at the table." In fact, only about 20 per cent of the average Aussie's daily salt intake comes from salt added at the table or in home cooking.

As pointed out earlier, one of the best ways to avoid salt is to make sure the majority of your diet consists of whole foods. When you do buy packaged or processed foods, make sure you read the label and always choose the lower salt option. Look for foods with less than 120mg sodium per 100g as a low salt option and always try to aim for packaged foods with less than 400mg per 100g.

Best foods for a healthy heart

1	2	3	4	5	6	7
Porridge	Salmon	Avocado	Olive oil	Berries	Spinach	Green tea
Full of omega-3 fatty acids, folate and potassium. Plus it's high in fibre to help keep arteries clear.	Super-rich in omega-3 fatty acids, salmon can reduce blood pressure and stop clotting.	Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body.	Full of mono-unsaturated fats, olive oil lowers bad LDL cholesterol and reduces your risk of developing heart disease.	Blueberries, strawberries, cranberries - whatever floats your boat. They're full of anti-inflammatories, which reduce your risk of heart disease.	Spinach can help keep your heart in shape due to its stores of lutein, folate, potassium and fibre. But any vegie can make your heart happy. The more, the better.	One Japanese study found that people who drank four or more cups of green tea daily had a 20 per cent reduced risk of cardiovascular disease and stroke.



The beat is on
Using a heart rate monitor can help you get the most out of your workouts

Booze news

You don't have to cut it out, but you do have to cut it down. "While low to moderate levels of alcohol consumption may provide some protection against heart disease in middle aged and older people, higher consumption cancels any of this benefit out," Thomas says. The Heart Foundation recommends a maximum of two standard drinks per day for men and one standard drink per day for women. It's also a good idea to have a few alcohol free days a week.

Eight rules to stay alive by

Here are the Heart Foundation's top heart-healthy eating tips:

1. Include vegetables, whole grains, fruits, nuts and seeds every day.
2. Choose healthy fats from nuts, seeds, avocados and olives.
3. Aim to eat fish or seafood 2-3 times a week.
4. Include beans and legumes in at least two meals a week, and up to 6 egg per week.
5. Limit "sometimes" food to sometimes.
6. Choose reduced fat milk, cheese and yoghurt.
7. Choose herbs and spices to flavour foods instead of adding salt.
8. Drink water, rather than sugar filled soft drinks and energy drinks.

● "GOOD" FAT vs. "BAD"

Although people still tend to be scared of the word "fat", fats are an essential part of a healthy balanced diet.

"Choosing the right types of fat can make a big difference to your heart health," Thomas says. "It's important to eat less saturated and trans fats (the unhealthy or "bad" fats) and replace them with polyunsaturated and monounsaturated fats (the healthier or "good" fats)."

Choosing the good fats instead of the bad can help the cholesterol balance in your blood by decreasing the bad (LDL) cholesterol and increasing the good (HDL) cholesterol.

"Replacing saturated and trans fats with healthier ones helps to lower your risk of heart disease," Thomas says. "The Heart

Foundation recommends you consume less than seven per cent of your total energy each day from saturated fat and less than one per cent from trans fat."

Making the switch from butter to margarine on your daily toast and sandwiches will cut out about 3kg of saturated fats per year (whoah!) and having skim instead of full fat milk in your daily coffee will remove another 1kg of saturated fat from your diet.


● MEAT

A big, strong bloke like you needs his protein, but gnawing on a T-bone every day probably isn't your best option. Time to mix it up a little.

"The Heart Foundation recommends aiming to include one to three serves of

protein foods (lean meat, poultry, fish, eggs, tofu, tempeh and nuts and seeds) per day," Thomas says. A serve of meat is classified as around 65g cooked, and a serve of poultry is 80g cooked.

"Choosing lean meat trimmed of all visible fat and poultry without the skin helps to reduce the total amount of saturated fat in your diet and will help to minimise the risk of heart disease and risk factors such as high cholesterol."

And make fish your friend. "People who regularly eat fish tend to have a lower risk of heart disease and stroke," Thomas says. "In addition to other nutrients, fish is the highest source of omega-3 fatty acids which help to maintain good general health and reduce the risk of heart disease and stroke." 

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AND BUY THE...

50 best-value fitness foods

(By **RICHARD JORDAN**)

Eating healthily on a budget isn't easy. According to an Australian National University study, consuming nutritional food in Australia costs 30 per cent more than a diet rich in carbohydrates, sugar and fat, which means you're not getting nearly as much for your dollar. It's tempting to opt for cheaper, lower-quality foods when you're super busy - but when you're training, whether it's to lose fat or gain muscle, you're unlikely to see results if you're not supplying your body with the proper fuel.

Luckily, it is possible to eat the right food for your goals and save money at the same time. *EF* has trawled the major supermarkets to find the 50 best-value ingredients for a well-rounded nutrition plan. But that's just the start - by using leftovers, batch-cooking meals and opting for frozen food over fresh, you'll cut potential waste (according to a recent survey by Panasonic, the average cost of fresh food chucked out per person is \$310 a year). Plan ahead and you'll soon see the dollars stacking up.



1 Carrots

They're packed with beta-carotene, a powerful antioxidant that, according to a 2007 Harvard study in the US, can help to slow cognitive decline in men.



2 Mushrooms

These versatile, low-cost additions to your food arsenal are stuffed with B vitamins, which provide energy by breaking down fats and carbohydrates.



3 Tomatoes

Tomatoes are a natural immune system booster, with vitamins C and E and lycopene, which reduces inflammation and helps decrease stroke risk.



4 Sweet potatoes

With more vitamin A, vitamin C and fibre than white potatoes, these also have a lower glycaemic index, so are less likely to spike your blood sugar.



5 Broccoli

Chocka with vitamins and a cancer-fighting chemical called sulforaphane. Buy fresh because the frozen stuff often lacks firmness when cooked.



6 Apples

A good source of fibre and disease-fighting flavonoids. Avoid pricy premium varieties such as Pink Lady - go for sweet and crunchy Red Delicious instead.



7 Bananas

The potassium in bananas helps maintain the body's sodium levels and combats high blood pressure. They're good in smoothies when overripe, too.



8 Brown onions

Rich in vitamin A (crucial for healthy skin) and folic acid, which maintains healthy sperm production, brown onions also go with just about everything.



9 Red onions

Red onions are high in quercetin, which recent US studies suggest has potent anti-inflammatory properties. Remember: reds for salad, whites for cooking.



10 Zucchinis

These are great roasted or sautéed. The skin contains soluble fibre, which stabilises blood sugar levels. Or peel and stir fry as a noodle substitute.



The fat-loss plan

Torch fat for less than \$10 a day using this seven-day plan from performance nutritionist Ben Coomber

MONDAY

Breakfast Scrambled eggs cooked in butter, two apples

Lunch Grated carrot and zucchini coleslaw covered in spicy cooked mince

Dinner Lamb chops baked with rosemary and garlic, sweet potato and broccoli

Snack Chocolate milk

TUESDAY

Breakfast Zucchini and red onion omelette **Lunch** Two tuna and tomato pittas

Dinner Ham with spicy lentils **Snack** Vegetable sticks (hummus optional)

WEDNESDAY

Breakfast Porridge with low-fat milk and three poached eggs

Lunch Brown rice salad with cooked onions and leftover ham

Dinner Prawn, onion, green bean, sweetcorn and garlic stir-fry **Snack** Banana and a spoonful of peanut butter

THURSDAY

Breakfast Sausages, two poached eggs, grilled tomatoes, banana **Lunch** Tinned mackerel, carrot sticks, peanuts, apple

Dinner Pork steaks with

mashed spicy kidney beans, grilled mushrooms with garlic **Snack** Green tea with a bowl of part-defrosted berries

FRIDAY

Breakfast Greek yoghurt, almonds, banana and honey

Lunch Cooked mince, chickpeas, onions and garlic in olive oil with salad **Dinner** Turkey, zucchini, onion and broccoli curry with coconut milk

Snack Cottage cheese

SATURDAY

Breakfast Braised steak, spinach and mushrooms, apple

Lunch Chicken thighs, sweet potato and broccoli in garlic and olive oil **Dinner** Lamb's liver and onions in gravy with sweet potato mash **Snack** Two sausages and an apple

SUNDAY

Breakfast Whey protein, peanut butter and frozen berry smoothie **Lunch** Cold sausages, vegetable sticks and cottage cheese, banana **Dinner** Salmon steak, broccoli and carrots, baked potato

Snack Peanuts, green tea, carrot sticks

PLAN AHEAD
AND YOU'LL SEE
THE DOLLARS
STACK UP



11 Joint of ham

Ham keeps for weeks and contains immunity-boosting magnesium and phosphorus, which helps stimulate growth.



12 Free-range chicken thighs

Thighs are a bit cheaper than breast meat, if a bit fattier, and have lots of nutrients that leach out of the bones.



15 Pork sausages

Sausages come in varying degrees of purity – look for 97% pork ones to minimise unpleasant additives.



16 Lamb chops

Apart from the protein hit, lamb contains quantities of iron and calcium. Trim the fat and serve as the base of a lean, good-value dinner.



17 Pork steaks

Pork loin steaks are lean, high in protein and cheaper than chicken breasts or beef steaks. Try marinating in soy sauce and lemon.



18 Kangaroo steak

A great protein source, plus it's super lean. Usually costs less because not everyone is willing to eat it. But you are, because you're a smart bloke.



19 Chuck steak

Heaps cheaper than most cuts of beef, but it's full of flavour and is perfect for curries and pot roasts in the cooler months.



The muscle-building plan

Pack on muscle while saving cash with this \$10-a-day weekly plan from performance nutritionist Nick Morgan

MONDAY

Breakfast Poached eggs on a bed of spinach **Lunch** Wholemeal pitas with tuna, red onion and tomato **Dinner** Steamed salmon, broccoli and sweet potato **Snack** Greek yoghurt with frozen berries

TUESDAY

Breakfast Porridge oats with milk and chopped banana **Lunch** Prawn Thai curry using coconut cream, frozen peas and sweetcorn, brown rice **Dinner** Pork steaks grilled with chopped tomatoes, spinach and green beans **Snack** Lamb's liver and onions

WEDNESDAY

Breakfast Smoothie with milk, frozen berries, Greek yoghurt, honey, peanut butter and whey protein **Lunch** Mackerel with a tomato, onion, zucchini and carrot salad **Dinner** Chilli with kidney beans, brown rice, green beans **Snack** Chocolate milk

THURSDAY

Breakfast Grilled sausages and three scrambled eggs **Lunch** Leftover chilli with sweet potato wedges **Dinner** Chicken

thighs roasted with garlic purée, lentils and zucchini ratatouille **Snack** Peanut butter with pita, apple

FRIDAY

Breakfast Three-egg mushroom omelette, leftover chicken **Lunch** Pitas with salmon and cottage cheese **Dinner** Braised steak and mushroom casserole, broccoli and cauliflower **Snack** Carrot sticks (hummus optional)

SATURDAY

Breakfast Porridge with blended banana, apple, honey and berries, topped with almonds **Lunch** Ham, brown rice, peas and sweetcorn **Dinner** Mussel and prawn fish pie with sweet potato and cauliflower mash **Snack** Cottage cheese and pitta

SUNDAY

Breakfast Sausage, broccoli and egg frittata **Lunch** Turkey burgers (turkey mince and chopped onion) **Dinner** Lamb chops, roasted sweet potato, carrots and peas **Snack** Peanuts, apple



13 Lean turkey mince

Ideal for making protein-packed burgers. Lean mince costs more but has fewer calories.



14 Organic beef mince

Grass-fed beef is rich in omega 3s, which reduce levels of fattening cortisol.



20 Cottage cheese

Low in fat, carbs and calories, and a single serving provides up to 15g of slow-digesting casein protein.



21 Greek yoghurt

A source of good bacteria, which aid digestion, it contains twice as much protein as regular yoghurt.



22 Low-fat milk

Milk has always been known for its bone-strengthening qualities, but research suggests it also helps boost testosterone.



23 Butter

Butter provides good cholesterol, healthy fats and conjugated linoleic acid (CLA), which encourages the body to store muscle.



24 Free-range eggs

A lean source of protein, eggs also contain leucine, which is responsible for stimulating muscle synthesis.



25 Chocolate milk

Indulge your sweet tooth without guilt – Golden North ice cream is low GI and only has three per cent fat. No added sugar and no artificial stuff.



26 Buckwheat pasta

A healthier alternative to white pasta, with more protein – buckwheat is the best source of high biological proteins in the plant kingdom.



32 Rolled oats

A simple yet hearty breakfast staple, full of fibre and slow-release carbs to keep up your energy levels and stop you snacking during the day.



33 Brown rice

An excellent source of complex carbs and B vitamins, which tend to be lost during the refining process that produces regular white rice.



34 Canned mackerel

This relatively cheap and tasty protein source is packed with omega-3s for healthy brain function and improved circulation.



35 Canned tuna

Tuna is a cupboard staple if you're bulking up on a budget. Aim to buy skipjack tuna, which is one of the most sustainable sources.



36 Canned diced tomatoes

Chopped tomatoes are the basis for a wide range of one-pot meals and have as many nutrients as fresh ones.

Fluid maths: caffeine boost

Still buying coffee every day? Cut that out. Invest in some quality home-brew and it'll pay for itself in under three weeks.



Lavazza Rossa Original



Aerobie AeroPress Coffee Maker
(aeropress.com.au)



Thermos Thermocafe 0.45 Litre
Desktop Mug (fishpond.com.au)



1 Starbucks tall coffee
a day for 18 days



42 Peanuts

Peanuts in their shells might be more work for you but they're cheaper and still provide a healthy dose of protein, good fats and fibre.



43 Olive oil

A good source of monounsaturated fats (which can help lower bad cholesterol) and antioxidants. To retain goodness, keep it in the dark.



44 Coconut cream

B vitamin-rich coconut cream is a good base for curries and, if you're lactose intolerant, a decent alternative to cow's cream.



45 Equal NEXT

One sachet (<5 calories) is equivalent in sweetness to 2 teaspoons of sugar (30 calories). Use it in hot drinks or on porridge.



46 Green tea

Switch from your regular brew and reap the benefits – green tea has a thermogenic effect, meaning it can stimulate the fat-burning process.



27 Canned kidney beans

With lots of iron and magnesium, kidney beans help keep your blood healthy. Cook with mince for a double iron hit.



28 Canned chickpeas

If you want to get big and stay lean, eat chickpeas – they're a great source of slow-release carbs and contain loads of fibre.



29 Almonds

Packed with protein and antioxidants, almonds are a cheap, versatile addition to everything from smoothies to curries and breakfast cereals.



30 Minced garlic

Maybe it's not the best thing to eat before a big date, but this flavoursome ingredient is full of advantageous compounds.



31 Peanut butter

A low-cost source of monounsaturated fat, which the body needs to produce testosterone – vital for greater gains in the gym.



37 Frozen spinach

Spinach provides around twice as much iron as other green veg and is also rich in vitamin K, which helps maintain healthy bones.



38 Frozen cauliflower

This is a low-calorie source of immunity-boosting vitamin C, and unlike frozen broccoli, it doesn't turn to mush.



39 Frozen green beans

Green beans are absolutely packed with B and C vitamins. Steam from frozen rather than boiling to keep most of the good stuff in.



40 Frozen peas and sweetcorn

Both are good sources of fibre and antioxidants. Studies have shown that eating peas can lower the risk of stomach cancer.



41 Frozen mixed berries

Add these to yoghurt or a smoothie to get all the antioxidant-packed benefits of fresh berries for half the price you'd normally pay.

Fluid maths: great to hydrate

Bottled water? Passé. Refill your water bottle and glug your way to thrifty health.



Water bottle



Tap water



1.5-litre bottle of Evian Still Natural Mineral



47 Frozen salmon fillets

Salmon is a lean source of protein, good fats and a variety of vitamins and minerals. Frozen is a helluva lot kinder on your wallet.



48 Egg whites

Looking to increase your protein intake? Try using Farm Pride's frozen egg whites in smoothies or in omelettes. 23.5g protein per serve.



49 Smoked mussels

Cheap, nutritious and environmentally sound, smoked mussels contain brain-boosting fatty acids and about as much iron as red meat.



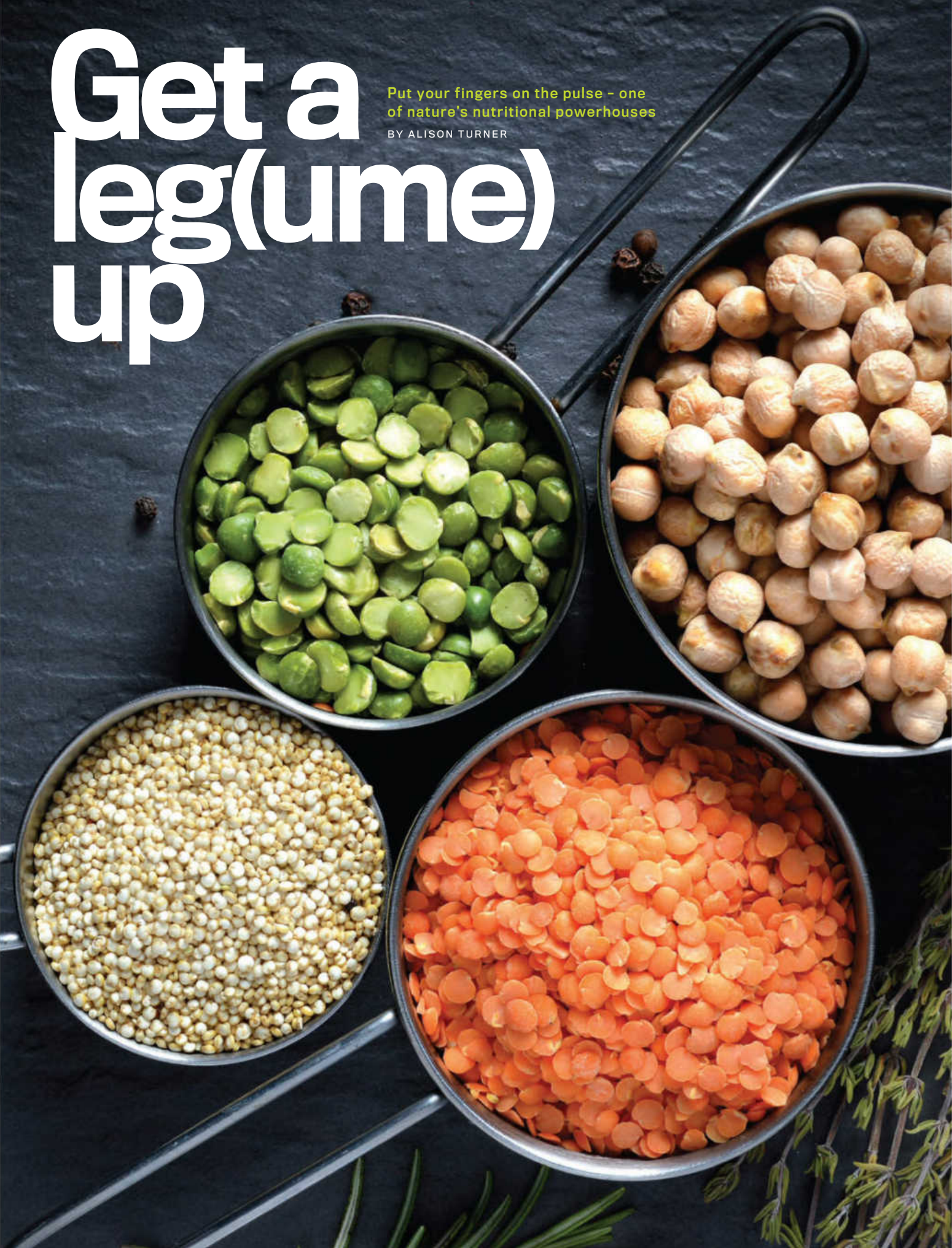
50 Tinned lentils

A versatile meal-padder full of protein, fibre and iron. Lentils add a variety of textures to make your dinner a lot more interesting. **EF**

Get a leg(ume) up

Put your fingers on the pulse - one
of nature's nutritional powerhouses

BY ALISON TURNER



Strike up the band - 2016 is the International Year of Pulses! No, we're not talking about the heartbeat you can feel in your wrist. We're talking about grain legumes, people. To be more specific, pulses are a group of dried seed crops. The six major pulse groups grown in Australia are chickpea, faba/broad bean, field pea, lentil, lupin and mungbean. There are some other more "niche market" crops including azuki bean, navy bean, cowpea, vetch and pigeon pea. While pulses are currently more commonly used in developing countries, thanks to their impressive health benefits they're increasingly being recognised as a great nutrient source for health-hungry Westerners.

Pulses often cop a bad rap, with many blokes dismissing them as hippy food or something that's only fit for boring vegans. But these little legends are super-nutritious food stars that offer far more health benefits than their rather dull appearance might suggest. And they can be used in so much more than just dhal, darl. They work in savoury dishes like falafel, dips, salads, curries and soups, as well as in baked products and sweets. It is even possible to substitute wheat flour in a recipe for a pulse flour. So let's make 2016 the year that you become prince of pulses. Lord of the legume. Baron of beans... You get the idea.

● WHY YOU SHOULD EAT 'EM

Pulses are a great source of protein - they're higher in protein than most other plant foods and have about twice the protein content of cereal grains - but their benefits go far beyond this. They also provide a range of essential nutrients including carbohydrates, dietary fibre (insoluble and soluble, plus resistant starch for colonic health benefits), B-group vitamins



On the ball
You won't feel awful if you eat falafel

(especially folate), iron, zinc, calcium and magnesium. They're also low in fat, virtually free of saturated fats and contain no cholesterol. They're also low in sodium (the sodium content of canned beans can be reduced by up to 41 per cent if you drain and rinse them).

These pulsating powerhouses also contain phytonutrients, plus they're low GI and super-cheap, so unlike many other health foods, you can afford to stock up on them without having to sell one of your kidneys on eBay.

● MAKE MONDAY MEATLESS

We're not telling you to go vego here, but using legumes instead of meat as your meal's main protein for even one meal a week can do a lot. All those nutrients can improve your general health, and your bowels will also be happy - according to research

from the University of Oslo, Norway, eating pulses can help prevent the development of polyps in the bowel and consequently, bowel cancer.

Going meatless can also save you cash and make a little bit of difference to the planet, as the greenhouse gas emissions from the livestock industry are astronomical, while pulse crops can actually help to improve soil quality for future cereal crops. Doesn't that give you the warm and fuzzies just a little?

If the thought of having no meat makes you want to weep brokenly into your bacon sundae, try using recipes where you can sub half the meat, such as mince, for beans like black beans or red kidney beans.

However you do it, adding more pulses to your diet can only be a good thing. So bring on the Year of Pulses. 'Cause they're ain't no party like a legume party.

WHAT THEY'RE WORTH

NUTRITION PER 100G RAW*



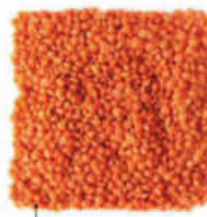
CHICKPEA 235 CAL
13g protein 3.8g fat
41g carbs 17g fibre



BLACK BEANS 339 CAL
24g protein 0.9g fat
63g carbs 16g fibre



GREEN LENTIL 235 CAL
14g protein 0.4g fat
44g carbs 8g fibre



RED LENTIL 370 CAL
27g protein 2.5g fat
58g carbs 10g fibre



MUNGBEAN 428 CAL
26g protein 2g fat
72g carbs 12g fibre

* These values should be taken as guidelines only as values can vary considerably with variety, conditions of growth and age of bean.



THE BEAN SUPREMACY

Adding beans to your mince dishes will add a protein and fibre boost without excess fat or calories. Plus, they're cheap as chips (although not as tasty).



RED KIDNEY BEANS

These high-fibre beans help to lower cholesterol, plus they keep blood sugar levels steady after a meal. They're also a good source of molybdenum – an essential mineral that plays an important role in your body's biological functions.



GREEN PEAS

While it might bring back childhood memories of being forced to eat your greens, peas contain a unique assortment of health-protective phytonutrients – more than enough to keep your mum happy.



CHICKPEAS

Also known as garbanzo beans, chickpeas are good for more than just making hummus. High fibre, plus they also contain vitamin C and E, and beta-carotene, they also contain concentrated supplies of phytonutrients.



CANNELLONI BEANS

One of the lowest GI beans in the pack, cannellini beans are also high in molybdenum, which helps the body to detoxify. They're also a goldmine of antioxidants, and can help reduce skin damage from the sun.



BLACK BEANS

Great for your colon, high in folate and magnesium and packed with antioxidant and anti-inflammatory phytonutrients, black beans (also known as turtle beans) also make us think about burritos, which are awesome.



SPLIT PEAS

Small but mighty, these little dried peas are super high in fibre and can help lower your cholesterol and risk of heart disease. They can also help stabilise your blood sugar levels, and are very high in detoxifying molybdenum.



BROAD BEANS

One of the prettier pulses, broad beans are an excellent vegetable source of protein and fibre. No saturated fat or cholesterol and they have a high concentration of thiamin, vitamin K, vitamin B6, potassium, copper, selenium, zinc and magnesium.



LENTILS

Beloved by Neil from *The Young Ones*, lentils come in a rainbow of colours, from yellow and green to orange and black. Their fibre and magnesium content make them great for your heart health, plus they can help replenish iron stores and stabilise blood sugar.

Pulling your legume

Beans, peas and lentils are super-nutritious, so why aren't you eating them? It's time to start...

So now you know they're good for you, but how the hell do you cook with them? Canned pulses can be eaten as they are, without any further prep. Just rinse and add them to salads or savoury dishes near the end of the cooking time. For dips and stuff they can be rinsed and puréed – simple.

Pulses can be frozen after cooking so you can buy the dried

grain, cook them and freeze them – ready to add extra fibre and protein to almost anything.

Dried pulses generally need pre-soaking (except for split peas and lentils). A general rule of thumb: soak one cup of rinsed dried pulses to three cups of water.

Here's a brief guide on what these little wonders can do for your health and wellbeing.

NUT-FREE SATAY SAUCE

INGREDIENTS

2 tbsp oil
1 chilli, finely chopped
6 tbsp Notnuts Sugar Reduced
Butter (see box below)
2 tbsp soy sauce
1 tbsp lime juice
1 tsp sambal oelek
2 v sweet chilli sauce
400ml coconut cream

MAKE IT

- 1) Heat oil in saucepan over medium heat.
- 2) Add chilli. Cook for 1 minute or until aromatic.
- 3) Add Notnuts Sugar Reduced Butter with 200ml coconut cream and stir for 1 minute.
- 4) Add soy sauce, lime juice, sambal oelek and sweet chilli sauce.
- 5) Cook for 3-4 minutes, stirring whilst adding the remaining coconut cream to reach desired consistency.
- 6) Serve with tofu or chicken and rice. **ET**

No nuts about it



Notnuts butter

Notnuts Sugar Reduced Butter is made from pulse grains and contains no nuts, gluten, dairy or soy. Also comes in smooth, crunchy and chocolate. You'll find it at your local health food store, or online.

SAFCOL



Try new Safcol Ready to eat meals.

- ✓ High protein superfoods
- ✓ Omega oils
- ✓ Vitamins and minerals
- ✓ Delicious

Introducing NEW Ready-to-Eat Healthy Snacks

NEW



NEW **SALMON**
Ready Meal
with delicious Wild
Alaskan Pink Salmon

READY TO EAT • HEALTHY & NUTRITIOUS • HIGH IN PROTEIN & OMEGA • DELICIOUS FLAVOURS



UNDER THE SPOTLIGHT



We put four more diets to the test



Every month for a year, nutritionist Drew Price followed a different nutrition strategy. Here's how he fared in his second four-month stretch

THE WHEAT BELLY DIET

Price test-drives a popular gluten-free nutritional approach, with disappointing results

THE DIET

One of the best-known "gluten-free" diets, Wheat Belly aims to improve your physique and overall health by cutting out wheat and other gluten-containing grains.

THE CLAIM

Wheat is a staple grain across the globe, but one that has been intensely cultivated and has changed over the years. As a result, according to Wheat Belly author and cardiologist Dr William Davis, modern grains (and the gluten and additional compounds they contain) are addictive and destroy our health. Dr Davis' book makes bold fat-loss claims, including a predicted 6-8kg reduction in weight within the first month of following the diet, as well as listing broader benefits that include improving the autoimmune system, slowing down the ageing process and reducing the risk of developing diseases such as cancer and diabetes.

THE METHOD

The diet is pretty simple, in that all it specifies is that you avoid grains that contain gluten, such as wheat, barley and rye. You can do it the easy way, by replacing grains with starchy substitutes such as corn pasta, or the hard way – which I chose – by forgoing starchy food altogether and opting for extra protein, healthy fats and fibrous vegies.

THE REALITY

The downside to this diet's simplicity is that it offers little in terms of guidelines to follow or suggestions for how to replace grains in your diet. Since grains are basically everywhere, this makes it fairly impractical, especially if you're eating out. In the end, I resorted to cooking meals from scratch at home with simple ingredients and carrying food around with me in Tupperware tubs all day. When I stuck to this I was fine, but when it wasn't possible I ended up making poor food choices, missing



Wheat and see
Giving up grains doesn't just mean no more pasta – it also makes dining out a royal pain in the arse

meals and generally falling into dietary disarray.

THE RESULTS

The diet was annoying, and

the results didn't help matters either. I actually gained 1kg in weight over the month, which – according to my body composition analysis – was attributed to a 3kg rise in fat mass and a 2kg drop in muscle mass, despite my training volume and intensity being strictly controlled from month to month. My blood work also showed a rise in "bad" LDL cholesterol and visceral fat. So overall my time with this diet wasn't exactly a roaring success.

THE VERDICT

If you're extremely overweight or addicted to doughnuts and pastries, the Wheat Belly diet will help – and it's certainly a useful, straightforward option for coeliac disease sufferers. But if you're a regular bloke who's in OK shape and is looking to build muscle and burn fat, this is probably not the best diet for you.

PIZZA THE ACTION

Price's gluten-free pizza base recipe swaps grain-heavy dough for fibrous cauliflower



Ingredients

1 cauliflower head
2 eggs
330g mozzarella
60ml olive oil

(makes 1 pizza base)

To make

Cut the cauliflower into small chunks and cook them in a pot of boiling water for 20 minutes. Drain the water away, then add the remaining ingredients to the pan and mash well. Tip the mixture into a pizza

dish, press it until it's roughly 1cm thick and bake in the oven at 180°C for 20 minutes. Remove from the oven, garnish with pizza toppings of your choosing and return to the oven for another 10 to 15 minutes.

GET SHREDDED

It's hard, boring and irritating, but this is one approach that should get you results – fast

THE DIET

A low-calorie diet seems like something your mum would do. However, Get Shredded, devised by nutrition guru Dr John Berardi, is the fashionable version. It's aimed not at middle-aged women but at bodybuilders, and it avoids the trite "just don't eat as much" advice by providing clear guidelines.

THE CLAIM

As the name suggests, fat loss is the main goal. Dr Berardi claims you can lower your body fat by one percentage point each week, even if you're already lean. Get Shredded is structured to maintain a high nutrient intake so you avoid the loss of muscle mass that's common with calorie restriction.

THE METHOD

First you work out your protein, fat and carb needs. Daily calories are set at your weight in pounds multiplied by 10 (multiply your weight in kilos by 2.2 to find your weight

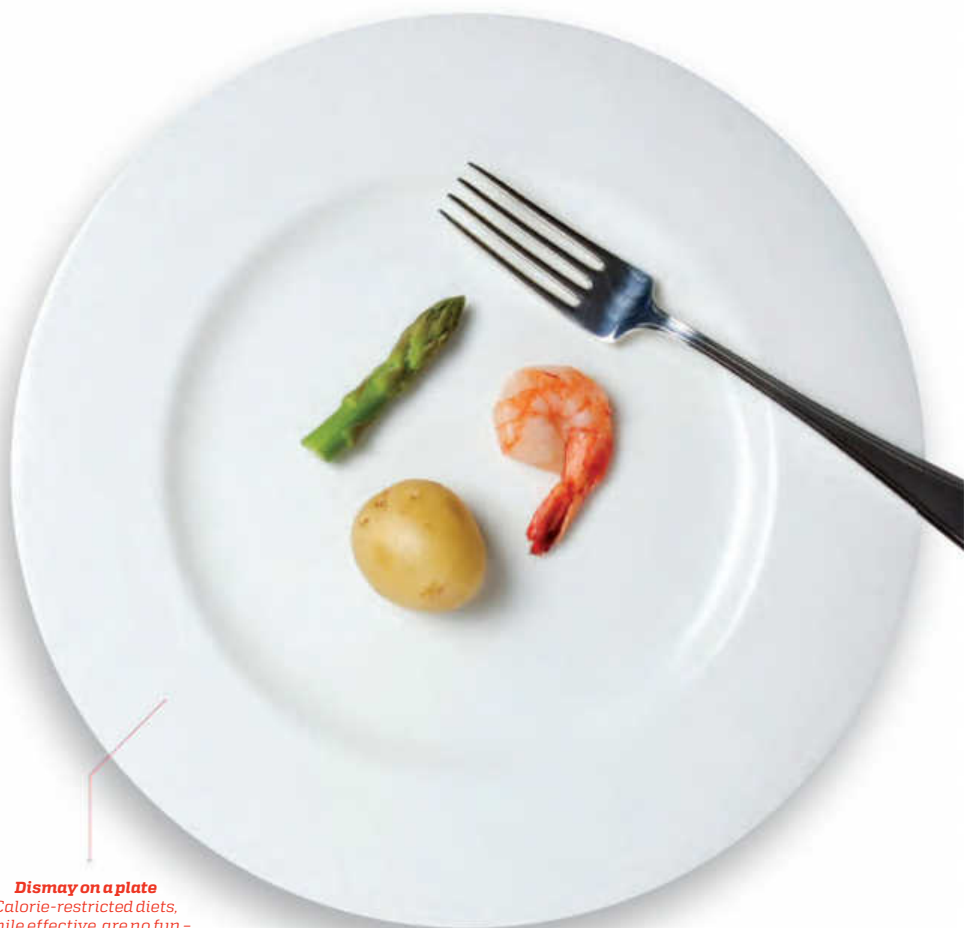
in pounds). Of that, 30 per cent is protein, 10 is carbs and 60 is fats, over four meals. At 82kg, I needed 1800 calories, which breaks down into 140g protein, 45g carbs and 127g fats.

Supps feature prominently. The most frequent is a cocktail of BCAAs and creatine to support energy production and stop breakdown of muscle mass, plus ZMA (zinc, magnesium aspartate and vitamin B6).

THE REALITY

Even with the protein and fibre, I felt hungry every day. There's a cheat day every two weeks, but those 14 days felt like ages. The diet is relatively simple, but not always easy. Protein powder is banned, so there are no shortcuts to getting your full comp of protein – a daily irritation. The other main issue is the weighing and measuring. To minimise disruption, I prepped much of the food in advance and this meant a lot of very similar meals.

Dismay on a plate
Calorie-restricted diets, while effective, are no fun – but this one won't leave you short of nutrients



THE RESULTS

Test results showed a body fat drop of 3.5 percentage points over the four weeks – not bad considering

I fell off the wagon a couple of times. My main worry was that I wouldn't be able to prevent muscle loss – but the tests showed a small muscle-mass gain. Triglycerides and markers of inflammation were low and steady, LDL cholesterol dropped a little and "good" HDL – which can take a hit when dieting – held fast. My visceral fat – the stuff that collects around your organs and causes long-term health problems – decreased significantly.

THE VERDICT

Dr Berardi says the diet is only right if you're already lean and experienced in both proper nutrition and training. If that's you, consider it for an effective – if tough – fat-loss phase. Price admits that both cardio and strength training were tough, even with regular doses of supplements. Squat workouts were particularly pathetic.

SHRED COUNT

Price's dull daily Get Shredded menu

Breakfast

3 whole eggs, 2 egg whites, 2 slices low-fat cheese, salsa and avocado

Multivitamin

2g fish oils

Shake

5g BCAAs, 2.5g creatine, 1 litre of water

Lunch

Chicken breast with a large salad
Small handful of almonds
2g fish oils

Pre-workout shake

5g BCAAs, 2.5g creatine, 1 litre of water
Post-workout shake
5g BCAAs, 2.5g creatine, 1 litre of water

Dinner

Lean steak with ratatouille
Multivitamin
2g fish oils

Shake

5g BCAAs, 2.5g creatine, 1 litre of water

Supper

Salmon fillet with asparagus
ZMA

THE BLOOD TYPE DIET

The premise is a little shaky, and complicated instructions make this diet bloody frustrating

THE DIET

This eating plan bases your culinary choices on your blood group, recommending types and amounts of food that – in theory – you're genetically better suited to consuming in a bid to improve your body comp and general health.

THE CLAIM

There are various blood group-themed diets out there, all of which revolve around the idea that your type – O, A, B or AB – is a marker of your genetic heritage, how your forebears ate and therefore supposedly how you're best evolved to eat. The list of health benefit claims made by Peter D'Adamo (author of *Eat Right 4 Your Blood Type*) is extensive and includes better immune function, lower cancer and diabetes risk, and a reduction in body fat.

THE METHOD

Foods are labelled "beneficial", "neutral" or "avoid", with portion sizes and

weekly servings allocated to each group. The plan also emphasises exercise and lifestyle, with guidelines for how much you should train and practical advice for dealing with stress.

THE REALITY

Even though the guidelines in the book are clear and comprehensive, this is not an easy diet to follow. My blood group, O – which is the most ancient, according to D'Adamo – indicates that I'm a Cro-Magnon hunter attuned to eating meat, and that most grains and dairy are problematic. This sounds simple enough, but there's little that's intuitive about the food lists that accompany this diagnosis. When it came to meat, for example, red meats were classified as beneficial, chicken was only neutral and pork languished in the avoid category – even lean, fresh stuff.

Sticking to food lists is fine, but the added complications of portion sizes and

Type-casting
Your blood type apparently indicates which foods are best for you



weekly servings – four to six servings of between 112g and 175g of red meat, for example – meant planning was essential. Even as a professional nutritionist, I had to work hard to make sure I didn't mess up. With so much to remember, mistakes crept in, such as eating black olives (avoid) instead of green (neutral).

THE RESULTS

The diet claims to improve how you look, feel

and function, but my body-comp scan results in all these areas were a real let-down. Improvements in body fat and muscle mass were negligible, and I felt more stressed after having to worry constantly about following the ultra-specific eating plan. While my average blood pressure dropped a little and my levels of "good" cholesterol rose slightly, none of these changes were significant.

THE VERDICT

A lot of hard work with little to show for it is like treading water – eventually you'll run out of steam and sink. The effort required and lack of any tangible results, coupled with the fairly shaky scientific evidence underpinning the whole thing, mean that while it's not a bad diet, it's not one I'd recommend.

REVERT TO TYPE

Here's what your blood type says about the diet you need, according to Peter D'Adamo

A

The First Vegetarian

Should stay away from all meat and most dairy and consume more green vegetables.

B

The Nomad

Eats a balance of meat, dairy, grains and veg, but may want to avoid wheat.

O

The Hunter

Does well on a low-carb, high-fat and high-protein diet that's rich in red meat.

AB

The Enigma

Tends to be healthier on lower-protein diets and, unlike other blood types, on starchy veg.

THE ANABOLIC DIET

Price found the ability to “cheat” (and drink beer) made this diet easier to follow than some

THE DIET

The anabolic diet is a carb-cycling diet that's aimed primarily at bodybuilders and strength and power athletes. It involves cycling between periods of low and high carb intake with the aim of generating optimum conditions for building muscle and burning body fat.

THE CLAIM

Dr Mauro di Pasquale, the diet's creator and author of *The Anabolic Solution*, says that by cycling your intake of fat, protein and carbs, you'll boost your body's levels of anabolic hormones such as testosterone and growth hormone, while increasing its use of stored fat as energy. This means you can use the diet to bulk up by building lean muscle or to reduce body fat while maintaining existing muscle, depending on how much you eat.

THE METHOD

This diet begins with a low-carb phase that lasts between six and 12 days, during which your body adapts

to using fat as its primary fuel source. This means you keep your limited supplies of muscle glycogen in reserve for when you really need them – during training. After the low-carb phase the diet proper begins, and this involves “cycling” five to six low-carb, high-fat, high-protein days each week with one or two days of eating mostly carbs.

THE REALITY


The initial low-carb adaptation phase – where you're purposely running down your stored carb supply – is very tough physically, and my concentration and energy levels really suffered. But once my body had switched to using fat as its primary food source, I felt great and full of energy. My food choices during the week were fairly meat-heavy and I was free to eat fatty foods such as cheese, so I never felt too restricted. I was also surprised Dr Pasquale condoned a degree of drinking during the “high-carb” weekend days.



Eating's cheating
The ability to let loose once in a while makes it easier to stay motivated

THE RESULTS

The amount of weight I was lifting in training didn't increase over the month, but it didn't

drop during the low-carb days either. However, I did notice a dip in cardio performance during the week as my body ran out of glycogen. I saw small but significant improvements in body composition, gaining half a kilogram of muscle and dropping a kilogram of body fat. My cholesterol profile improved, too – all while eating cheese, bacon and pancakes! 

THE VERDICT

Vegetarians and people who do a lot of cardio training or team sports will struggle on the low-carb days, but if you're primarily focused on weightlifting or bodybuilding and you're happy eating plenty of meat and fish, this diet could produce excellent results – provided you can deal with the initial adaptation phase.

CYCLE OF LIFE

Price alternated between low-carb in the week and carb-bingeing on weekends. Here's how he did it:

Low-carb meal plan

Breakfast

Bacon and eggs with baby spinach

Pre-gym

Whey protein shake

Post-gym

Whey protein shake

Late lunch

Duck breast with red cabbage

Snack

Whey protein shake with 50g cheddar

Dinner

Lamb tagine with broccoli

Pre-bed

Casein and whey shake with almond butter

High-carb meal plan

Breakfast

Maple syrup pancakes with butter

Snack

Sandwich and a banana

Lunch

Pasta with seafood and a fruit salad

Snack

Doughnuts

Dinner

Steak and potatoes with a beer



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Ask Eat Fit

Is the saying
"Beer before
liquor, never
sicker; liquor
before beer,
never fear"
actually true?

TONY T.

F

Funny, we've always heard it as "Beer before whiskey, always risky..." But the bottom line is, it's not true - at least technically.

"Ethanol is ethanol," says dietitian Brian St. Pierre of Precision Nutrition. "The amount of alcohol you drink matters more than the type, or the order you drink it in."

So what would

account for the saying being popular as far away as the Netherlands ("Bier op wijn brengt venijn, wijn op bier brengt versie!")?

"It's likely more psychological in nature," St. Pierre says. "Most people's first few drinks are the slowest to go down. Then, once they're slightly inebriated, they drink faster. This is where order can be a problem. Liquor has a far greater alcohol content than beer, so if you start with beer when you're stone-cold sober, become mildly intoxicated, then switch to liquor and drink that faster, you could theoretically consume more alcohol in less time, thus leading to increased amounts of sickness."

On the other hand, if you drink your liquor first - and therefore, more slowly - then switch to beer, it's the less-dangerous booze you'll be guzzling and you'll be less likely to get sick.

Oh, the trouble that info could've saved us back in uni.

Beer before liquor,
never sicker; liquor
before beer, you
maybe OK but don't
count on it...



ASK EAT FIT TRAINING

I'm pretty active - always working out, playing sports... What will happen if I don't drink enough water?

RAY W.

■ Whether you're active or not, water is one nutrient you really have to make sure you're getting enough of in your diet.

Exactly how much water you need in order to perform at your best - especially if you're super-active - has been hotly debated in recent years.

Previous guidelines suggested proactively drinking more water than you're thirsty for to stave off a possible performance-sapping deficit. But a 2013 *British Journal of Sports Medicine* analysis of 15 published studies suggests that simply drinking to satisfy thirst could be the best way for the active person to stay ideally hydrated. The body is remarkably efficient at figuring out how and where to shuttle excess water to support its daily functions and how to handle the kind of stress it experiences during a long run or hard workout. Keeping up with your own thirst is a simple way to be certain that you're staying amply watered-up.

Water is the building block of life, and you should be proactive about keeping yourself hydrated even when you aren't training or being active. The Mayo Clinic, US, has found that an average daily water intake for a man is about three litres. But hydration isn't the only benefit you'll experience from drinking that much - your general health will improve as well.



You can run, but you can't hide from that second slice of cake

How much cardio do you actually have to do to burn fat?

KIT N.

C Consider this: a hard aerobic workout can burn about 500 calories in an hour, but a meal of chicken, rice and vegetables is around 400 calories. Even when you work hard to burn calories, you can easily replace them with food. What about HIIT? Well, it's helpful, but a bit overblown. Proponents argue that it revs your metabolism for hours after the workout, but this isn't as dramatic as it sounds. A review in the *Journal of Sports Sciences* found that this metabolic effect amounted to, at best, only 15 per cent of the calories you burnt in the session. So if you burnt 300 calories, you may burn another 45 over the next day. Whoop-de-doo.

We're not saying cut out cardio, but controlling calories with your diet is more impactful. With that said, a cardio regimen can include up to five days of moderate activity for 30 to 60 minutes and two days of interval sessions for 20 minutes.

ASK EAT FIT

NUTRITION

**Is fruit bad for you?
Some say it's high
in sugar.**

AARON F.

■ No fruit is considered bad – but some are definitely better than others.

"Strawberries are an excellent source of vitamin C and anti-ageing antioxidants," says nutritionist Jim White. "Blueberries and blackberries have nutrients that may enhance brain functioning and improve your memory.

"Citrus fruits improve immunity and can decrease the severity of cold and flu symptoms," White says. Whole fruit is better than juice, which doesn't have any fibre.

"Rockmelon has a lot of the vitamins and nutrients essential for good heart health and helping to fight off cancer," says dietitian Manuel Villacorta. "And keep apples around as an

**I don't really eat much fish.
Should I start including
more of it in my diet?** KYLE H.

Y

Yes! We recommend you try salmon – it's one of the best protein-filled foods for your physique. Salmon contains slightly less protein per serving than chicken, turkey or beef, but it makes up for this small protein shortfall by packing in the health-optimising long-chain omega-3 fats EPA and DHA. Buying wild or farmed salmon doesn't change the protein content but it does influence the fat content: farm-raised salmon contains more pro-inflammatory omega-6s and fewer anti-inflammatory omega-3s than wild salmon. The protein and fat combination found in salmon makes it ideal for pairing with fibrous vegetables such as broccoli or asparagus for a simple, high-protein, carb-controlled meal.



emergency snack. They don't have tons of nutrients, but they're low-cal and packed with fibre, so they'll fill you up quickly."

Bananas are a good pre-workout food, with a lot of potassium, although they can cause a spike in blood-sugar levels. So don't skimp on fruit, 'cause you're missing out on a ton of good stuff.

**What's the healthiest
way to eat meat: bone
or no bone?**

DAVID R.

■ The answer: bone! "Cooking with the bone in has at least one advantage – besides the meat, you'll also be eating the marrow in the bone cavity," says *The Paleo Diet* author Dr Loren Cordain, of Colorado State University in the US.

And this is a good thing because...? "About 70 per cent

of bone marrow's calories are healthy monounsaturated fatty acids that can lower cholesterol and reduce the risk for heart disease," says Cordain.

And, she adds, while meat alone contains no vitamin A, which is needed for healthy vision, a strong immune system and cell health, marrow's packed with it.

As for how the

marrow actually gets into the dish, it depends on what you're making. Dr Cordain says.

"If the marrow's exposed" – eg, if you break the bone before you cook the meat – "its juices can flow into the dish."

Some people also make stock by roasting bones and then simmering them in a pot with vegetables. Great for a soup or risotto base.



**Don't pull the pin on
fruit: it's not going
to blow your diet**

**Should I take a
probiotic supp?**

ANDY W.

■ If you've heard anything about probiotics, you likely know that these live bacteria (found in foods like yoghurt and kombucha) are key for good gut health. And if you consider that your microbiome – all the bacteria in your body – is a mix of good and bad bacteria, it's important to have enough of the good guys so your body functions properly.

But probiotics do far more than ease tummy troubles. Your gut is connected to your entire body, and emerging research suggests they help

prevent a wide range of conditions linked to immune health, skin conditions like eczema, weight loss, allergies and mood disorders.

The problem is, it's tough to get enough probiotics from food alone, so a supplement is a good bet. Choose a quality brand like Inner Health Plus, a medical strength probiotic which has formulas backed by science and which uses storage processes designed to protect the strength and potency of the live bacteria. Of course, always read the label, use only as directed and if symptoms persist see your doc.



ASK
EAT FIT
SUPPS

ASK EAT FIT

HEALTH

Which is healthier to order – a burger or fried chicken?

JOEL F.

■ We've all heard about limiting red meat intake to reduce cancer risk, but in this case, a beef burger is usually the better option, says dietitian Kristin Kirkpatrick. Both are high in fat and calories, but the chicken loses for a few reasons.

First off, "chicken is very often fried in trans fats, like partially hydrogenated oils," Kirkpatrick says, rather than healthier oils like olive and coconut. "Trans fat makes food last longer and improves its mouth feel," she explains, "but it's also so dangerous health-wise that the US Food & Drug Administration has decided to ban it starting in 2018 (Australia is yet to follow suit). So if you do decide to go for the chicken, ask what it's fried in."



One drink is fine
(girl not included)

Next, there's the batter – usually made of nutrient- and fibre-poor white flour that can wreck blood-sugar levels.

Finally, there's what the batter is actually coating – the chicken's fatty, high-calorie skin.

"So even if the burger's loaded with cheese and the bun is made of refined flour," Kirkpatrick says, "it's still the better bet."

Should I try going on a gluten-free diet?

AARON F.

■ Even if you're sick of hearing about gluten, it'd be tough to ignore the findings of a recent study by Italian researchers: people without coeliac disease who say they're "gluten sensitive" may now have a certain inflammatory protein to blame.

It's called zonulin, and normally, it's what helps you fight off a bout of food poisoning, so it's technically

a good thing. But, what the study authors think is that certain people release excess amounts of the stuff after consuming gluten – resulting in an onslaught of not-so-fun symptoms.

More research is needed, but a trial testing whether it's possible to temporarily shut down zonulin production will soon be underway. That in turn may lead to a medication to help both coeliacs and those who are gluten sensitive. Until then, it wouldn't hurt to go on a temporary gluten-free trial.


"If you are having unexplained gastrointestinal symptoms or suspect intolerance to gluten, you may consider a two-to-six-week elimination trial," says dietitian Katherine Zeratsky.

But once your trial ends – if you feel no real difference – add some healthy, gluten-filled foods back in to your life.

Can one drink a day wreck my muscle gains?

GARY N.

It depends. "What happens at the muscle level is going to greatly depend on the timing of the alcohol ingestion," says Evelyn Parr, a PhD candidate in exercise and nutrition at Australian Catholic University. If you're lifting in the morning and drinking beer in the evening, you should be OK on strength gains. (Assuming you're eating well generally.) If you're drinking the beer within an hour or two of your lift, it's a hazier outlook because there may be a chance of reduced protein synthetic response (that is, muscle building).

But will it add fat? Not likely, unless you really hit the bottle. "If your energy intake (the amount you drink) is greater than your energy expenditure, then the increased daily intake will induce weight gain," says Parr. In other words: if "one" drink is what we're talking about, you're fine. 

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• Fast, fresh, clean eating for blokes

Surprise body boosters p98
Man-size muscle salads p103
Eat food to burn fat p109

Eat Fit fuel

Soba up Soba noodles are made from buckwheat, a great source of fibre and protein

SOBA NOODLES WITH BEEF

MAKES: 4 SERVINGS

INGREDIENTS

250g soba noodles
2 tbsp oyster sauce
2 tbsp soy sauce
2 tbsp mirin
2 tsp peanut oil
2 garlic cloves, crushed
3cm piece fresh ginger, peeled, finely grated
500g beef rump steak, thinly sliced
1 green capsicum, cut into strips
1 large carrot, peeled into strips

DIRECTIONS

- 1) Cook soba noodles as per pack instructions. Rinse, drain and set aside.
- 2) Mix oyster sauce, soy sauce, mirin, garlic and ginger in a bowl. Set aside.
- 3) Cook beef strips in a wok using 1 tsp of the oil. Put aside. Stir fry vegies in the rest of the oil.
- 4) Throw beef, noodles and sauce back in the wok with vegies. Cook for two minutes. Serve.

NUTRITION

402 calories,
43g protein,
18.5g carbs,
16.5g fat

Clean sweep

So you've got your fresh, "real food" ingredients. Now what do you do with them? Simple: try these recipes. They're easy and fast, and they're great for boosting energy, burning fat and building muscle - all things most guys are usually looking for when they're planning dinner. Make one of these tonight.

BODY BOOSTERS

Some of the healthiest, most physique-friendly foods have been right under your nose for years

(By **MICHAEL DESANTI**)

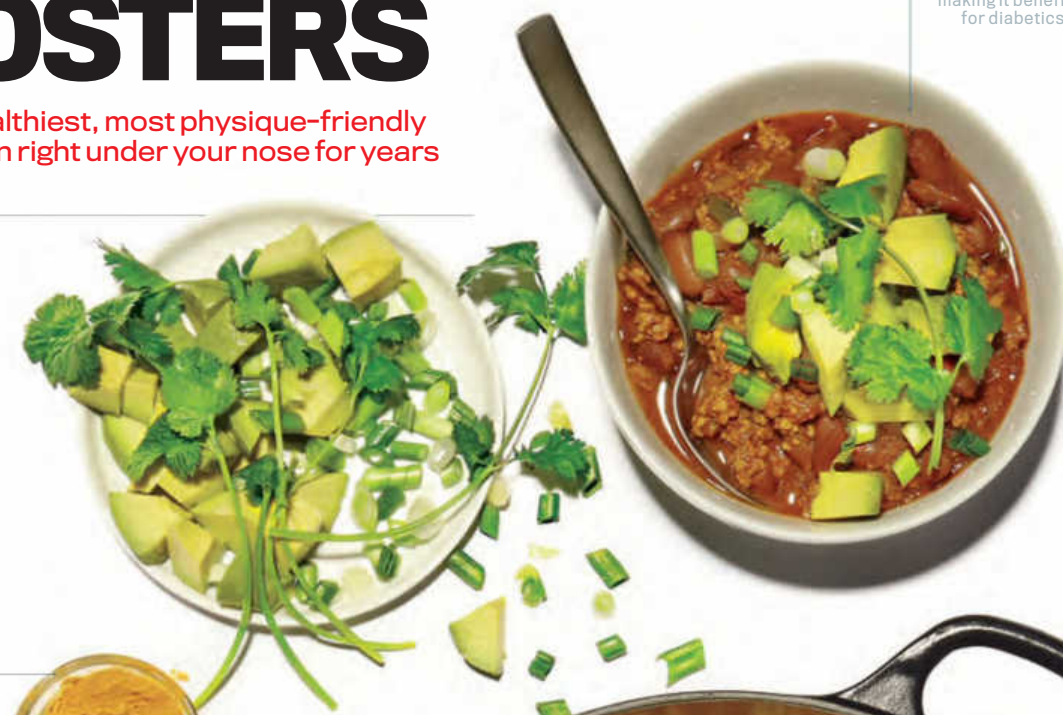
Coriander

Coriander helps stimulate insulin release – without increasing blood sugar to do it – making it beneficial for diabetics.

Curcumin

Curcumin (the active ingredient in turmeric) interferes with the growth and spread of cancer.

When was the last time you gave any thought to chicken stock, unless you were fighting a cold? Or ate seeds that weren't on a bun or part of a trail mix? There are plenty of common foods you probably haven't been eating that can actually make a big difference in your workout results and overall wellbeing. So, let us reintroduce you to apple cider vinegar, hemp, bone broth, turmeric and a few others. Start using these recipes to see faster gains, a leaner body and better health.



Turkey chilli

Photo, page 118

MAKES: 8 SERVINGS

INGREDIENTS

- 1 cup extra-virgin olive oil
- 1 large onion, diced
- 2 large cloves garlic, minced
- 1 medium jalapeño, seeded and minced
- 900g turkey breast mince
- 1 tsp sea salt
- 2 400g cans low-sodium whole tomatoes
- 1 cup water
- 1 tbsp cayenne powder
- 2 tbsp cumin
- 2 tbsp ground turmeric
- ½ tsp black pepper
- 1 tsp paprika
- 2 tbsp oregano
- 1 420g can red beans, drained and rinsed
- 1 bunch coriander, chopped
- 1 spring onion, chopped
- 1 avocado, sliced

DIRECTIONS

- 1) Pour the olive oil in a large, heavy-bottomed pan over medium heat. Add the onion and cook, stirring 3–5 minutes, until the onion is translucent. Add the garlic and jalapeño and cook 1 minute.
- 2) Stir in the turkey mince and salt and cook 5 minutes, breaking up the pieces with a spoon, until no longer pink.
- 3) Add the tomatoes and their juice to the pan. Add the water, cayenne, cumin, turmeric, black pepper and paprika. Cook for 30 minutes at a gentle simmer, stirring occasionally.
- 4) Add the oregano and red beans and simmer 20–30 minutes.
- 5) Serve topped with coriander, spring onion and avocado.

NUTRITION

(PER SERVING)
281 calories,
23g protein,
12g carbs, 16g fat

Hemp seeds

A study in *Nutrition & Metabolism* found that hemp seeds can fight heart disease by lowering cholesterol and blood pressure.

Organic-only kale

Kale is loaded with nutrition, but is often treated heavily with toxic pesticides. Buy it organic if you eat it often.

Avocado

Avocado is one of the most fibre-dense fruits available, with 10g per cup. Fibre improves satiety, which can aid in weight loss.

RAW KALE HEMP SEED SALAD

MAKES: 4 SERVINGS

INGREDIENTS

- 1 bunch curly kale, stalks removed and leaves chopped
- 1 avocado, cubed
- 1 cup cherry tomatoes, cut in half
- 2 tbsp hemp seeds
- 2 tbsp extra-virgin olive oil
- 2 tbsp apple cider vinegar
- Sea salt and pepper to taste

DIRECTIONS

- 1) Place all the solid ingredients in a large bowl and drizzle with olive oil, vinegar, salt and pepper. Mix thoroughly until all the leaves are coated with dressing and seeds. Serve immediately.

NUTRITION (PER SERVING)

154 calories, 3g protein,
7g carbs, 14g fat

Vinegar

A 2009 study found that consuming a food containing vinegar lowered body weight, body fat and triglycerides in obese subjects.

Bone broth

Use chicken-bone broth in any recipe that calls for stock, or in place of water to steam vegetables or boil rice or whole grains.

Boiler maker

Boiling bones and vegetables causes their nutrients to release. These vitamins and minerals can boost the immune system and improve intestinal health, which aids in the absorption of other vitamins and minerals and indirectly spurs fat loss and muscle gain.

HEALING CHICKEN-BONE BROTH

MAKES: 24 SERVINGS

INGREDIENTS

- 6L water
- 1 whole chicken
- 1 onion, peeled and quartered
- 3 carrots, chopped
- 2 stalks celery, chopped
- 3–4 sprigs fresh thyme
- $\frac{1}{4}$ bunch fresh parsley, chopped
- 1 tbsp apple cider vinegar
- 2 tbsp peppercorns

DIRECTIONS

- 1) Add water to a large pot and place the chicken in it. Bring the water and chicken to a boil over high heat. Skim off the foam and discard.
- 2) Add the remaining ingredients. Bring to a boil again, then cover and simmer 4–8 hours.
- 3) Strain the chicken and vegetables from the liquid. (You can use the chicken for chicken salad or soup later.) Pour the stock into an airtight container and refrigerate, letting it congeal overnight; or keep it frozen for up to three months.

NUTRITION (PER 1-CUP SERVING)

39 calories, 5g protein, 1g carbs, 1g fat

Bone up

You can sip hot stock like coffee in the morning for a quick vitamin boost.

HEMP MILK SMOOTHIE

MAKES: 1 SERVING

INGREDIENTS

- 1 cup unsweetened hemp milk
- 1 scoop vegan or whey protein powder
- $\frac{1}{2}$ cup frozen organic blueberries
- $\frac{1}{2}$ fresh or frozen banana
- Small drizzle of local honey (optional, for sweetness)

DIRECTIONS

- 1) Add all ingredients to a blender and mix until smooth.

NUTRITION

250 calories, 23g protein, 30g carbs, 4g fat

APPLE PIE HEALING TONIC

Not pictured

MAKES: 1 SERVING

INGREDIENTS

- 300ml water
- 1 tbsp apple cider vinegar
- 1 tbsp local, pure honey
- 2-3 dashes cinnamon

DIRECTIONS

- 1) Pour the water into a glass and mix in the other ingredients. Stir until honey and cinnamon are dissolved.

NUTRITION

86 calories, 0g protein, 23g carbs, 0g fat

Hemp milk

With its anti-inflammatory omega-3 fats, hemp milk offers a lower calorie, allergy-free alternative to milk.

Veg out

Vegan protein powder offers complete protein from plant sources. We like Sunwarrior: sunwarrior.com.au

Brain food

A Journal of Agricultural and Food Chemistry study found that subjects who consumed blueberry juice scored higher on memory tests than those taking a placebo.



JUST AS THE BEST WORKOUT IS
THE ONE YOU AREN'T DOING,
THE BEST FOODS FOR YOU MAY
BE THE HEALTHY ONES
YOU AREN'T EATING

● EF PROMOTION

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MUSCLE CHOP SHOP

These power salads will hold down any man's table

(By **DEVIN ALEXANDER**)

THE
CLEAN
EATING
ISSUE

Unless it's plated next to a 350g steak, most men wouldn't categorise salad as a muscle-building meal. You might consider it as a side, at best – but even then you're probably still opting for the chips, because sometimes ordering a salad is even harder than eating one.

Well, we're not here to sell you on iceberg lettuce and croutons – or vegetarianism, for that matter. On the contrary, we wouldn't have even run this story had it not featured at least one recipe containing bacon (that one, by the way – the Chopped Spinach Cobb Salad – packs a whopping 60g of protein, thank you very much).

Nope, these are real muscle meals, built around turkey, salmon, beef, chicken and prawns. And with fewer calories and carbs than a sandwich, you don't have to worry when you dish up seconds.

Ultimately, what we're showing you here is that salads don't have to be boring, or tasteless. They're a great way to fill up on (and be satisfied by) a whole bunch of nutrient-packed vegies that work as the perfect accompaniment to your favourite lean protein sources.

Mix it up
The more
colours in your
salad, the more
diverse its
nutrient variety



Special K
Mung bean sprouts are high in vitamin K, which strengthens bones and lowers cardiovascular disease risk

THAI PRAWN SALAD

INGREDIENTS

- 3 cups Chinese cabbage, finely sliced
- 1 cup red cabbage, finely sliced
- 2 green onions (green and white parts), ends trimmed, finely chopped
- $\frac{1}{2}$ cup mung bean sprouts
- 3 tbsp reduced-fat Thai, peanut or ginger salad dressing
- 180g medium or large grilled or steamed prawns (steamed or "cooked" prawns can be found at the seafood counter or in the

freezer section of most supermarkets)

- 1 tbsp dry-roasted peanuts

DIRECTIONS

- 1) Mix cabbages, onions and sprouts in a large bowl. Just before serving, add dressing and toss using salad tongs, two forks or two wooden spoons. Top with prawns and peanuts. Serve immediately.

NUTRITION

355 calories, 44g protein, 25g carbs, 8g fat, 7g fibre

MEXICAN KALE SALAD

INGREDIENTS

- 1 tbsp salt-free Mexican seasoning to taste
- 200g lean beef mince
- 3 cups kale leaves, finely slivered
- $\frac{1}{4}$ cup canned no-salt-added black beans, rinsed and drained
- 3 tbsp fresh or no-salt-added canned corn, rinsed and drained
- $\frac{1}{2}$ green capsicum, cut into bite-size pieces
- $\frac{1}{4}$ small avocado (optional)
- $\frac{1}{3}$ cup fresh salsa, drained
- 2 tbsp reduced-fat ranch salad dressing
- 30g low-fat cheddar cheese
- 6 baked tortilla chips, broken

DIRECTIONS

- 1) Mix seasoning with beef. Toss kale, beans, corn, capsicum and avocado in a bowl.
- 2) Place a frying pan over medium heat and "crumble" the mince into it. Cook until no longer pink, about 5 minutes.
- 3) Add salsa and dressing to the veggie bowl and toss. Top with cheddar, chips and beef. Serve immediately.

NUTRITION

574 calories, 57g protein, 50g carbs, 20g fat, 12g fibre

**THROW IN
EXTRAS LIKE
CHIA AND HEMP
SEEDS TO ADD
OMEGA-3 FATS
AND PROTEIN**

GUYS' GREEK SALAD PREVIOUS PAGE

INGREDIENTS

- 3 cups cos lettuce
- 200g grilled chicken breast
- 1 red capsicum, cored and seeded
- 1 green capsicum, cored and seeded
- ½ medium cucumber
- 2 stalks celery, ends trimmed
- 6 Kalamata olives, pitted
- 2 tbsp bottled reduced-fat Greek or Mediterranean dressing
- 3 tbsp reduced-fat feta cheese

DIRECTIONS

- 1) Chop lettuce, chicken, capsicums, cucumber, celery and olives. Add to large bowl. Just before serving, add dressing and toss using salad tongs, two forks or two wooden spoons. Top with feta.

NUTRITION

456 calories, 52g protein, 30g carbs, 16g fat, 11g fibre

CHOPPED SPINACH COBB SALAD

INGREDIENTS

- 5 cups chopped baby spinach*
- 180g lean grilled turkey breast (or turkey deli meat), chopped
- 1 tbsp real bacon bits
- 2 tbsp reduced-fat crumbled blue cheese
- 2 hard-boiled egg whites, chopped
- 1 small tomato, cored and chopped
- 4 black olives, chopped
- 2 tbsp reduced-fat blue cheese dressing

*IF YOU CAN'T FIND BABY SPINACH, USE REGULAR SPINACH WITH THE STEMS REMOVED.

DIRECTIONS

- 1) Put all ingredients except dressing in a large bowl. Just before eating salad, add dressing and toss using salad tongs, two forks or two wooden spoons.

NUTRITION

474 calories, 60g protein, 21g carbs, 17g fat, 7g fibre

DIY bacon

To make your own bacon bits, use kitchen shears to cut strips into 1cm pieces. Add pepper and fry over medium heat until brown



TUSCAN SALAD

INGREDIENTS

- 6 sundried tomatoes (be sure not to buy sundried tomatoes packed in oil)
- 4 cups rocket lettuce
- 1 cup asparagus pieces
- 30g low-fat mozzarella cheese, cubed
- 1 roasted red capsicum, cut into bite-size strips (roast it yourself or find it in a jar near the pickles in most supermarkets)
- 2 tbsp reduced-fat roasted red capsicum, balsamic or Italian dressing
- 180g grilled salmon (either fresh or pre-prepared)

DIRECTIONS

- 1) Rehydrate sundried tomatoes, if necessary, by placing them in a small soup pan and covering with water. Place pan over high heat. Boil until soft, approximately 6 minutes. Drain and run tomatoes under cold water.
- 2) Meanwhile, mix the rocket, asparagus, mozzarella and roasted red capsicum in a large bowl. Chop the sundried tomatoes and add them.
- 3) Just before serving, add dressing and toss using salad tongs, two forks or two wooden spoons. Top with salmon. Serve immediately.

NUTRITION

521 calories, 46g protein, 24g carbs, 27g fat, 7g fibre

Soften it up
If you like your asparagus less stiff, steam it before adding



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EAT FOOD BURN FAT!

Five dishes that melt fat right off – and all you have to do is eat them

(By **MATTHEW KADEY**)

THE
CLEAN
EATING
ISSUE

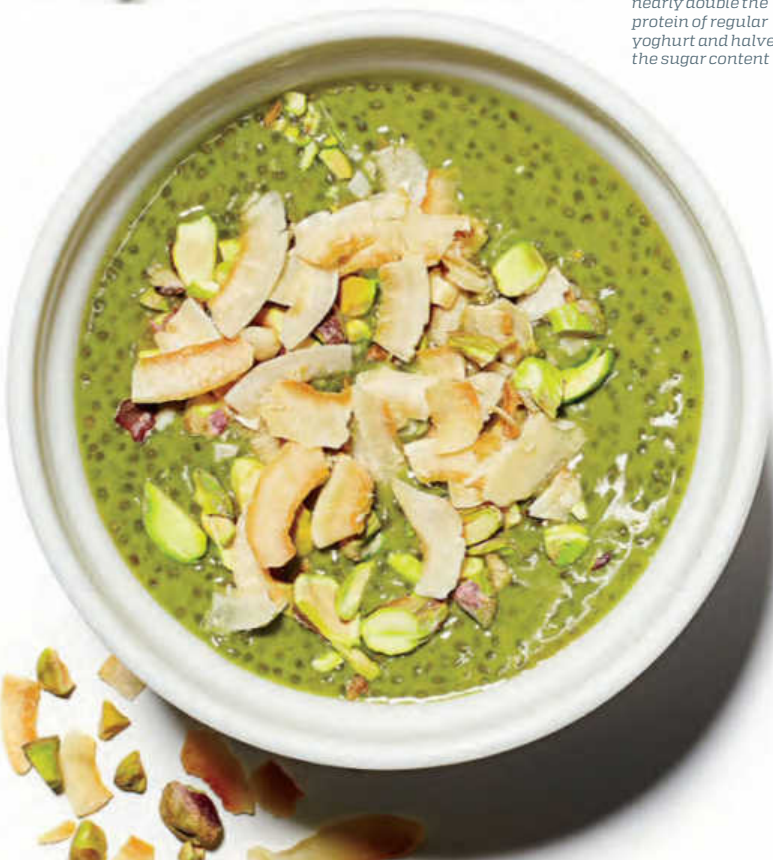
■ The fastest way to lose fat is to adjust your diet, not do more cardio. And that doesn't mean cutting carbs and calories to the bone; you can let your food burn fat for you while enjoying delicious, gourmet meals with these recipes – made from ingredients that offer potent, and science-backed, fat-burning benefits. We've got one to cover every meal of your day, from breakfast through dessert, so you can blast blubber over a 24-hour period (and wake up a little leaner the next morning). Now, doesn't that beat another spin on the treadmill?



Fat as fat burner
The omega-3 fatty acids in a sushi salad (page 110) could improve insulin sensitivity, stoking fat loss



Pro tip Always choose Greek yoghurt. This creamier version packs nearly double the protein of regular yoghurt and halves the sugar content



Bulk lightly A one-cup serving of coconut flakes contains about 3g protein and 8g fibre, making it a safe flavouring choice

1) OVERNIGHT OATMEAL WITH BLUEBERRY SAUCE

Why it's a fat beater: Blueberries contain pterostilbene, an antioxidant that a study in the *Journal of Agricultural and Food Chemistry* found may prevent fat storage.

MAKES: 1 SERVING

INGREDIENTS

- 1/2 cup rolled oats
- 2 tsp chia seeds
- 2 tsp cocoa powder
- 1/4 tsp cinnamon
- 1/2 cup milk
- 1/2 cup plain Greek yoghurt
- 1/2 cup frozen blueberries
- 1 tbsp pure maple syrup
- 1/2 tsp cornstarch
- 1 tbsp chopped walnuts

DIRECTIONS

- 1) In a bowl or 300ml glass jar, mix oats, chia seeds, cocoa powder and cinnamon. Stir in milk and yoghurt. Cover and let soak overnight in the refrigerator.
- 2) In the morning, stir together blueberries, maple syrup and cornstarch in a microwave-safe bowl and heat on high, uncovered, for 1 minute. Stir, then heat for an additional 1 minute. This is your blueberry sauce.
- 3) Serve oats topped with blueberry sauce and chopped walnuts.

NUTRITION

413 calories, 16g protein, 68g carbs, 12g fat

2) MATCHA CHIA PUDDING

Why it's a fat beater: Made by grinding tea leaves into powder, matcha may positively impact genes associated with fat metabolism.

MAKES: 4 SERVINGS

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 banana
- 2 tbsp honey
- 2 tsp matcha green tea powder
- 1 tsp vanilla extract
- 1/2 tsp ginger powder
- Salt, to taste
- 1/2 cup chia seeds
- 1/4 cup unsweetened coconut flakes
- 1/4 cup chopped unsalted pistachios

DIRECTIONS

- 1) Blend together almond milk, banana, honey, matcha, vanilla, ginger and a pinch of salt.
- 2) Pour mixture into a container and stir in chia seeds. Let mixture sit for 10 minutes, stirring often. Chill for at least 3 hours. Top with coconut flakes and pistachios and serve.

NUTRITION (PER SERVING)

204 calories, 5g protein, 24g carbs, 11g fat

3) SUSHI SALAD

SHOWN ON PAGE 109

Why it's a fat beater: Salmon offers omega-3 fats, which may alter fat metabolism and improve insulin sensitivity.

MAKES: 4 SERVINGS

INGREDIENTS

- 450g skinless salmon fillets
- 1 cup shelled frozen edamame
- 3 cups cooked brown rice
- 1 cucumber, sliced into matchsticks
- 2 carrots, shredded
- 1 avocado, thinly sliced
- 2 cups cubed fresh pineapple
- 3 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp Thai chilli sauce
- 2 tsp minced fresh ginger
- 2 nori sheets, chopped

DIRECTIONS

- 1) Place salmon in a large saucepan and cover with water. Bring to a very light simmer and cook for 6 minutes or until fish is cooked through. Remove fish from pot and place on a plate. Gently break apart flesh with a fork.
- 2) Prepare edamame according to package directions. Toss together salmon, edamame, rice, cucumber, carrot, avocado and pineapple.
- 3) In a separate bowl, stir together soy sauce, rice vinegar, sesame oil, chilli sauce and ginger. Toss salad along with salmon in the dressing and serve topped with nori.

NUTRITION (PER SERVING)

557 calories, 39g protein, 59g carbs, 21g fat

**THIS PORK
RECIPE PUTS
NO FAT ON
YOUR BELLY**

4) PORK TACOS WITH KIMCHI- MANGO SALSA

Why it's a fat beater: Kimchi is laced with capsaicin, the compound that gives chilli peppers their kick. A 2015 study found that capsaicin increases the fat-burning effect of exercise.

MAKES: 4 SERVINGS

INGREDIENTS

- 450g pork tenderloin, sliced into 1cm rounds
- Salt and pepper, to taste
- 1 tbsp grapeseed oil or canola oil
- 1½ cups chopped kimchi
- 1 cup cherry tomatoes, halved
- 1 orange capsicum, chopped
- 1 mango, diced
- 2 spring onions, thinly sliced
- ¼ cup chopped coriander
- 1 small avocado
- ½ cup sour cream
- 1 tsp lime zest
- 12 large lettuce leaves

DIRECTIONS

- 1) Season pork with salt and pepper. Heat oil in a large pan over medium heat. Add pork slices and heat until cooked through, about 3 minutes.
- 2) Toss together kimchi, tomatoes, capsicum, mango, spring onions and coriander. Place avocado, sour cream

and lime zest in a food processor or blender and blend until the mixture is smooth.

- 3) Divide pork among lettuce leaves. Top with kimchi salsa and avocado cream.

NUTRITION (PER SERVING)

300 calories, 25g protein, 15g carbs, 16g fat

Smarter fats Like salmon, avocados are filled with healthy fats that can lower cholesterol and help prevent fat storage

5) SWEET POTATO HUMMUS

Why it's a fat beater: The fibre in chickpeas contributes to fullness, so you consume fewer calories.

MAKES: 6 SERVINGS

INGREDIENTS

- 450g sweet potatoes, peeled and diced
- 1 400g can chickpeas, drained and rinsed
- ¼ cup plain whey protein powder
- ¼ cup tahini (sesame paste)
- Juice of ½ lemon
- 1 garlic clove, minced

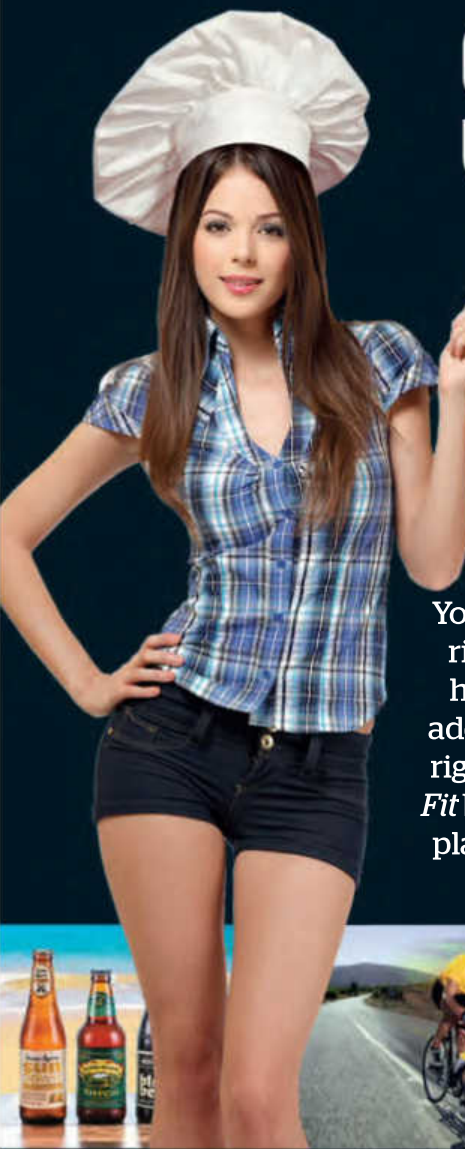
- 2 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- ½ tsp cumin powder
- ½ tsp salt

DIRECTIONS

- 1) Steam or boil sweet potatoes until tender.
- 2) Place cooked sweet potatoes and remaining ingredients in a food processor or blender and blend until smooth. Serve with crudités such as sliced red capsicum and broccoli, or slather the hummus on rye crackers.

NUTRITION (PER SERVING)

232 calories, 9g protein, 27g carbs, 11g fat



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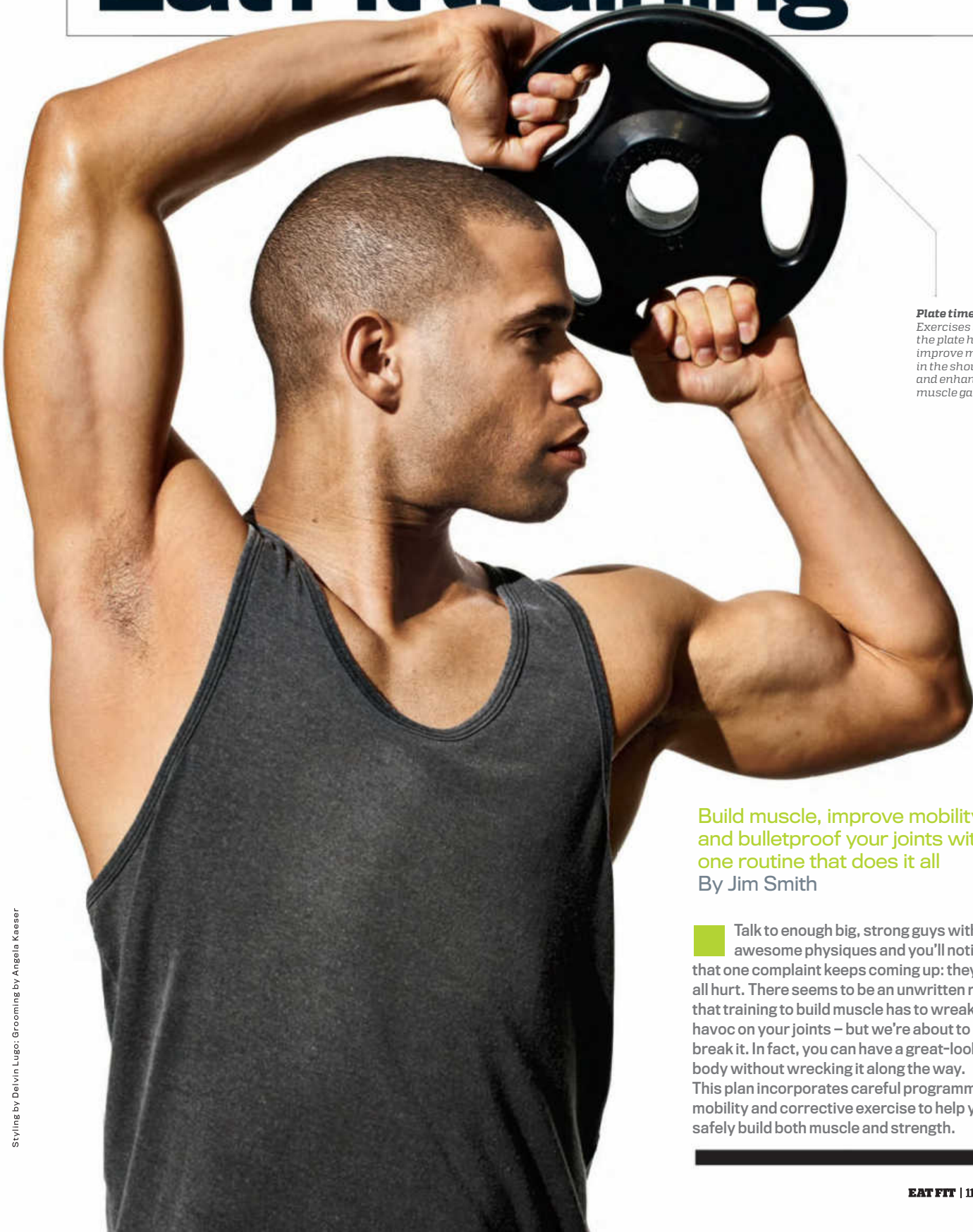


Plate time
Exercises like the plate halo improve mobility in the shoulders and enhance muscle gains

Build muscle, improve mobility and bulletproof your joints with one routine that does it all

By Jim Smith

Talk to enough big, strong guys with awesome physiques and you'll notice that one complaint keeps coming up: they're all hurt. There seems to be an unwritten rule that training to build muscle has to wreak havoc on your joints – but we're about to break it. In fact, you can have a great-looking body without wrecking it along the way. This plan incorporates careful programming mobility and corrective exercise to help you safely build both muscle and strength.

How it works

■ Lifting weights compresses the joints and can lead to injury. There are two main ways to prevent lifting-related aches and pains: master perfect technique so your body can bear the stress of heavy weights as safely as possible, and vary the loads you use so you never undergo too much stress for too long.

Our program improves technique by way of mobility, with exercises such as the face-pull that activate and balance out the muscles around the shoulder to allow for safe, efficient lifting. These moves actually help you perform your bench press better, so we tucked them in between your first few sets. We also change the sets and reps on your main lifts weekly to vary the stimulus.

All these safety precautions make you a better lifter, so it's easier to add muscle.

Directions

Perform each workout (Day I, II and III) once a week, resting a day between each session.

Perform exercises marked with a letter ("A", "B" and "C") in succession. So you'll do one set of A, then B and then C before resting (unless otherwise noted). Repeat until all sets are complete for the group.

You can change sets and reps assigned to the first lift in each workout weekly.

Day I

1A BENCH PRESS

Sets: 6 Reps: 5, 5, 5, 5, 5, as many as possible
Rest: 120-180 sec

Grasp the bar just outside shoulder width and arch your back. Pull the bar out of the rack and lower it to your sternum. When the bar touches your body, drive your feet hard into the floor and press the bar back up. Perform five sets of five reps, and then use 75 per cent of that load on your sixth set and do as many reps as you can. In between your first two sets only, perform the push-up and face-pull during your rest period.



1B PUSH-UP

Sets: 2 Reps: 10

Place your hands on the floor at shoulder width and extend your legs behind you. Your body should make a straight line; brace your abs. Lower your body until your chest is 3cm above the floor and then push back up.



1C FACE-PULL

Sets: 2 Reps: 20

Attach a rope handle to the top pulley of a cable station. Grasp an end in each hand with palms facing each other. Step back to place tension on the cable. Pull the handles to your forehead so your palms face your ears and your upper back is fully contracted.

2A INCLINE DUMBBELL ROW ISO-HOLD

Sets: 4 Reps: Hold for 30-60 sec Rest: 0 sec

Set an adjustable bench to a 30- to 45-degree incline and lie on it chest down. Pick up a dumbbell in each hand and row the weights to your sides. Hold them there with your back fully contracted.



BEGIN ANY ROW BY DRAWING YOUR SHOULDER BLADES BACK

2B INCLINE DUMBBELL ROW

Sets: 4 Reps: 20
Rest: 0 sec

Keep the same set-up but perform the exercise for reps.

2C BENTOVER LATERAL RAISE

Sets: 1 Reps: 12-15
Rest: 90-120 sec

Stand holding a dumbbell in each hand and your hips back until your torso is nearly parallel to the floor. Make sure your lower back remains flat. Let your arms hang with palms facing each other. Squeeze your shoulder blades together and raise your arms out 90 degrees to your sides. Hold the top for a second.

3 WIDE-GRIP PUSH-UP

Sets: 1 Reps: 50-100
Rest: as needed

Get into push-up position and place your hands outside shoulder width on the floor. Slowly lower your body to the down position – take three seconds. Press back up. Perform 50-100 reps as quickly as you can, resting as needed.

4 TRICEPS PUSHDOWN

Sets: 1 Reps: 100-150
Rest: as needed

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand. Keeping your upper arms at your sides, extend your elbows and hold the end position for a second. Choose a load you can do 12-15 reps with and perform 100-150 reps as quickly as you can, resting as needed.

Day II

1A SQUAT

Sets: 5 Reps: 8, 8, 8, 8, as many as possible
Rest: 120-180 sec

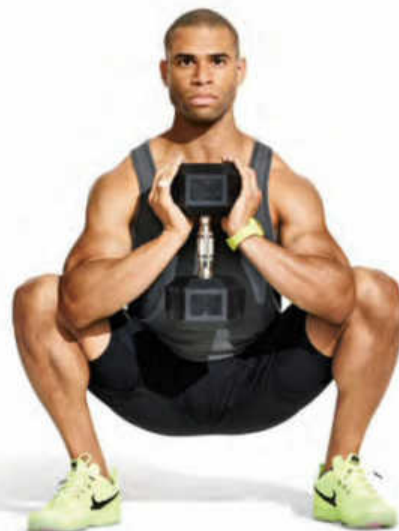
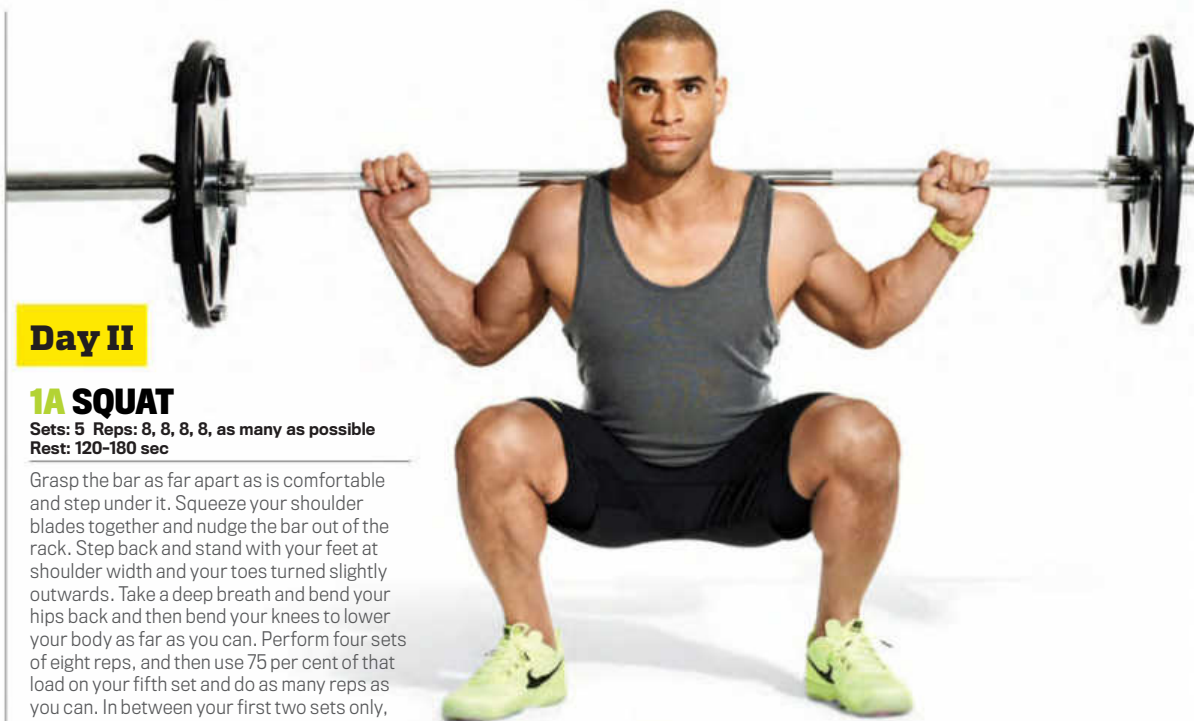
Grasp the bar as far apart as is comfortable and step under it. Squeeze your shoulder blades together and nudge the bar out of the rack. Step back and stand with your feet at shoulder width and your toes turned slightly outwards. Take a deep breath and bend your hips back and then bend your knees to lower your body as far as you can. Perform four sets of eight reps, and then use 75 per cent of that load on your fifth set and do as many reps as you can. In between your first two sets only, perform the goblet squat and hip mobility (over the page) during your rest period.

1B GOBLET SQUAT WITH PRYING

Sets: 2 Reps: 3-5

Hold a dumbbell (or kettlebell) by one of its ends under your chin with both hands. Stand with feet at shoulder width and toes turned out slightly. Take a deep breath and bend your hips back. Lower your body as far as you can without losing the arch in your lower back. Now push your elbows into your knees and squeeze your knees into your elbows so you feel tension in your legs. Do this for five seconds and then relax. You'll sink deeper into the stretch. That's one rep.

PRYING YOUR KNEES OPEN IMPROVES MOBILITY IN YOUR HIPS, WHICH CAN REDUCE THE RISK OF BACK INJURY.



1C HIP MOBILITY

Sets: 2 Reps: 30–60 sec (each leg)

Place the top of your right foot on a bench behind you and allow your body to sink into a deep lunge so you feel a stretch in the front of your hip. Then turn around and place the bottom of your right foot on the bench. Lower into a lunge and hold the stretch. Now push your right knee onto the bench so your lower leg lies flat and bend forward to feel the stretch. Hold each position for at least 10 seconds and then repeat the whole sequence on the other leg.



2A ROMANIAN DEADLIFT

Sets: 4 Reps: 8–12
Rest: 0 sec

Hold the bar at shoulder width and stand with feet hip-width apart. Bend your hips back and bend your knees slightly as you lower your torso towards the floor. Go as far as you can without losing the arch in your lower back. Squeeze your glutes and extend your hips to come up.

2B DUMBBELL SPLIT SQUAT

Sets: 4 Reps: 15 (each leg)
Rest: 0 sec

Hold a dumbbell with both hands under your chin and stand with feet staggered. Bend both knees and lower your body until your rear knee nearly touches the floor.



2C CHIN-UP

Sets: 4 Reps: 8–12
Rest: 90–120sec.

Hang from a pull-up bar with hands at shoulder width and palms facing you. Pull yourself up until your chin is over the bar.

3 STEPUP

Sets: 1 Reps: 50
total (each leg) Rest: as needed

Place one foot on a bench or box so your thigh is parallel to the floor. Step up onto the floor, pushing through your heel, but let the trailing leg hang off the box. Take three to five seconds to lower yourself back down to the floor, keeping your weight on the front leg. Perform 50 reps, resting as needed.

4 EMPTY BAR CURL

Sets: 1 Reps: 100 total
Rest: as needed

Grasp an empty barbell with hands at shoulder width and palms facing up. Keeping your upper arms against your sides, curl the bar. Perform 100 reps, resting as needed.

Day III

1A DEADLIFT

Sets: 9 Reps: 3, as many as possible
Rest: 120–180 sec

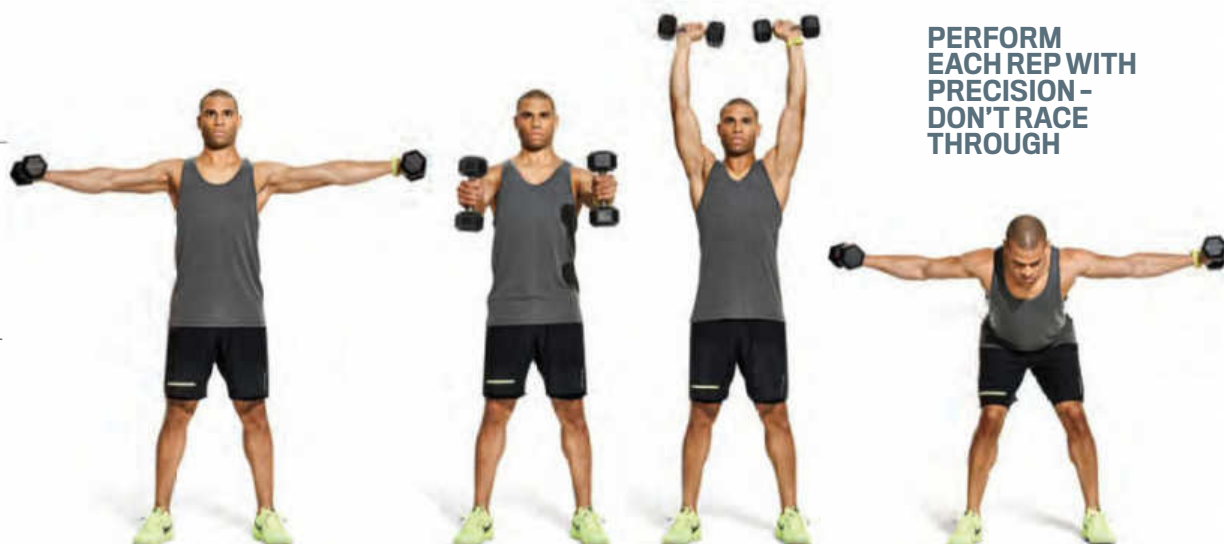
Stand with feet at hip width and bend your hips back to grasp the bar so your hands are just outside your knees. Keeping your lower back flat, pull the bar up until you're standing. Perform eight sets of three reps, and then use 75 per cent of that load on your ninth set, doing as many reps as you can. In between the first two sets, do the shoulder quad set and plate halo from the next page.



1B SHOULDER QUAD SET

Sets: 2 Reps: 5

Grab a pair of light dumbbells and perform five lateral raises, raising the weights out to 90 degrees. From there, perform five front raises, lifting the weights straight out in front of you to shoulder height. Now do five overhead presses, and then finish with five bentover lateral raises. That's one set.



PERFORM EACH REP WITH PRECISION - DON'T RACE THROUGH

1C PLATE HALO

Sets: 2 Reps: 10

Hold a weight plate with both hands and make a big circle around your head. Switch directions and repeat. Each change of direction is one rep.



2A SEATED OVERHEAD PRESS

Sets: 4 Reps: 10-15 Rest: 0 sec

Sit on a bench with a back support and hold a dumbbell in each hand at shoulder level. Press the weights overhead.



2B FULL ROM FRONT RAISE

Sets: 4 Reps: 10-12 Rest: 0 sec

Hold an EZ-curl bar with hands at shoulder width and let your arms hang in front of your thighs. Raise your arms straight overhead.

2C BENTOVER LATERAL RAISE

Sets: 4 Reps: 15-20 Rest: 90-120 sec

See the shoulder quad set above.

3 DUMBBELL SHRUG

Sets: 1 Reps: 100 Rest: as needed

Hold a dumbbell in each hand at your sides and shrug your shoulders as high as you can.

4 WIDE-GRIP PUSH-UP

Sets: 1 Reps: 100 Rest: as needed

See page 115.

Baller

Use the medicine ball to boost your power and athleticism

By Nick Tumminello

Let it fly

Medicine ball training makes you explosive in a way weight training can't

If you've ever tried CrossFit or seen weightlifting in the Olympics, you're aware of Olympic lifts like cleans and snatches – killer exercises for working a lot of muscles and building power. But moves like these can be difficult to learn and even dangerous to do if your form isn't perfect.

Fortunately, you can build the same athleticism and get lean using a medicine ball – a timeless workout tool that will never go out of style. Try this full-body med-ball workout to safely build power and uncover your abs – see results in just 21 days.



How it works

Olympic lifts, in addition to being complex to perform, build power that's very specific to – wait for it – Olympic weightlifting. Whether the explosivity you develop really carries over to your performance in other activities is a subject of much debate. Medicine-ball training, on the other hand, is widely used by athletes because it's easy to learn and helps improve explosiveness immediately. Simply throwing the medicine ball in different directions trains your body to generate power without putting any brakes on. You don't have to slow down at the end of the range of motion like you do when you use weights – you can just let the ball fly. The result: a body that performs and a lean six-pack inside of a month. Plus, research from *Evolution and Human Behavior* found that throwing a med ball develops the cerebellum and posterior parietal cortex of the brain, which improves attention span and concentration. So working out with a ball may make you fitter not just physically but mentally, too. Incidentally, the medicine ball was invented in ancient Persia as a tool to train soldiers. Take that info to your next trivia night and impress girls.

DIRECTIONS

Have on hand two medicine balls of different weights and bounces (see specifics, below). Perform the workout once a week, on a separate day, as a supplement to your regular weight training. Rest two to three minutes between sets, except for the paired exercises (4A and 4B, 5A and 5B). Superset these lifts, resting after the second one. So you'll do a set of A, then a set of B immediately, then rest. Repeat until all sets for that pair are complete.

■ For exercises 1–3, use a ball that weighs 7–11kg and doesn't bounce. Perform these moves outside if possible, so you have room.

1

SQUAT PUSH THROW

Sets: 5–6 Reps: 3–5

Stand with feet shoulder-width apart and hold the ball at chest level, with your elbows underneath it. Squat as low as you can while keeping your back flat. Explode upward, throwing the ball as high as you can. Allow the ball to hit the floor, pick it up, and reset.



PIVOT ON YOUR BACK HEEL AS YOU THROW, AND MAKE YOUR SHOULDERS AND HIPS MOVE AT THE SAME RATE

2

REVERSE SCOOP THROW

Sets: 5–6 Reps: 3–5

Stand with feet shoulder-width apart and hold the ball at arm's length in front of you. Bend your hips back and lower your torso towards the floor while keeping your lower back in its natural arch. Explosively extend your hips and throw the ball overhead and behind you. Walk to the ball and begin the next rep.



3

SIDE SCOOP THROW

Sets: 3–4 Reps: 3–5 (each side)

Stand with legs staggered and your left foot forward. Bend your hips and knees slightly and hold the ball at arm's length. Twist your torso to the left, shifting your weight to your left foot, then throw the ball across your body to the right as if you were throwing something heavy into the back of a truck.



■ For exercises 4A through 5A, use a rubber medicine ball that weighs 3-7kg and has some bounce to it.

4a

PUNCH THROW

Sets: 4-5 Reps: 4-6 (each side)

Stand with your left foot forward. Squeeze the ball with both hands and twist your torso to the right, winding up. Explosively throw the ball straight in front of you as if you were shot-putting. Walk to the ball and repeat on the other side.



4b

LUNGE AND OVERHEAD THROW

Sets: 5-6 Reps: 4-6 (each side)

Hold the ball overhead and lean backwards until you feel a stretch in your abs. Step forward and throw the ball at a wall. Make sure you're back far enough that the ball can bounce before you catch it.



5a

ROTARY THROW

Sets: 4-5 Reps: 4-6 (each side)

Face a wall with feet shoulder-width apart. Hold the ball at arm's length and twist to the right. Explosively throw the ball at the wall and catch it after it bounces off the floor once.



5b

SPRINT

Sets: 4-6
Reps: run 25-40m

On a treadmill or track or outdoors, run at up to 90 per cent of your top speed. Rest as needed and repeat. **EF**

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Deconstructed dinner.



CALORIES
Units denoting how good a food tastes.



ROTISSERIE
A Ferris wheel for chickens.

ANTACID
LSD for insects.



WOK
What you throw at a wabbit.

BIG MAC
Large Scotsman.



CHICKEN TIKKA
Bomb hidden in your curry.

THE EAT FIT GLOSSARY

What all those foodie terms really mean



COFFEE
Sneezy's kid brother.



PICKLE
A cucumber soured by a jarring experience.



WURST
Dad jokes about sausages.

SHELLFISH
A lobster that won't share.



AFTER DINNER MINT
Funds required upon receipt of restaurant bill.



APRICOT
Where a baby gorilla sleeps.



KIPPERS
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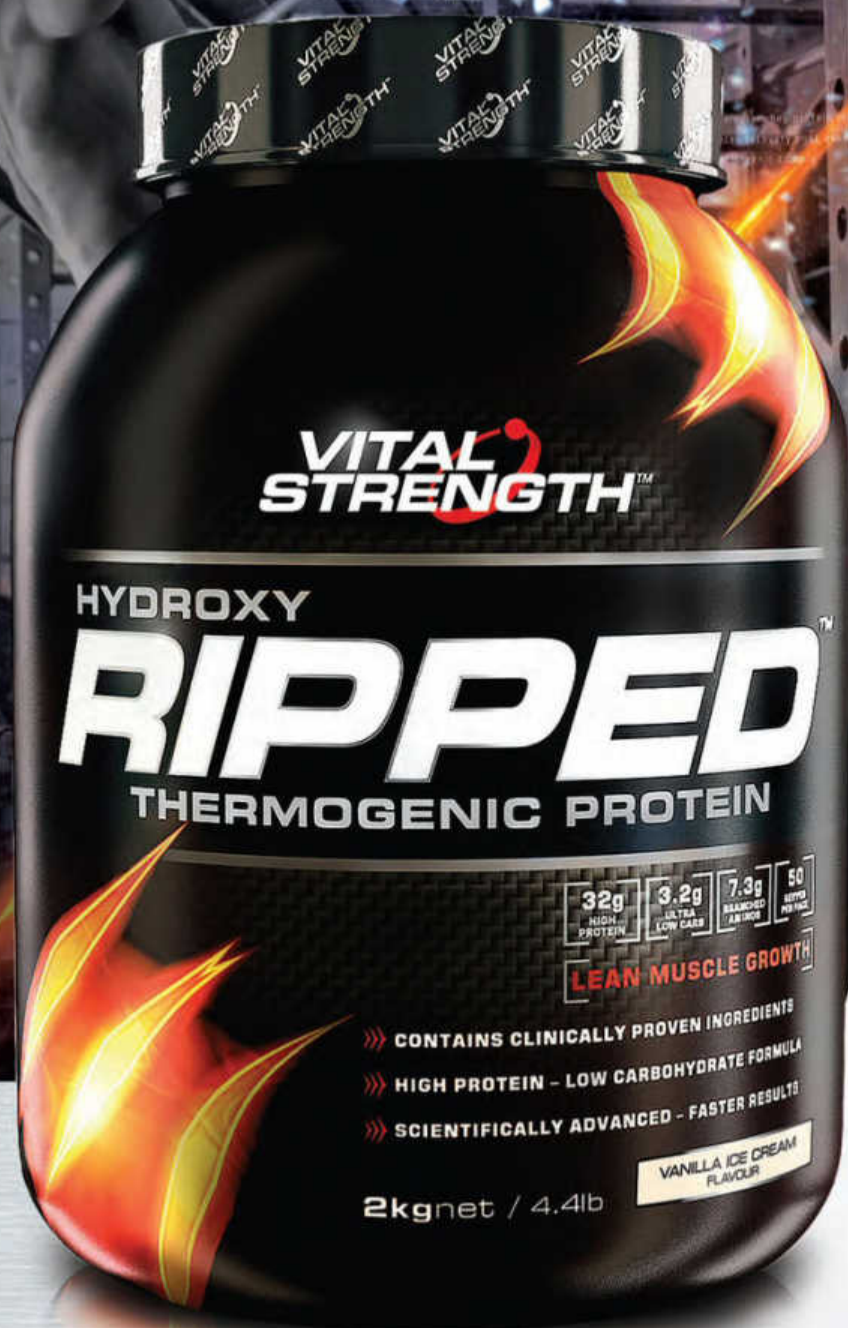
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